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Chapter 14 - Total Food Intake

14 TOTAL FOOD INTAKE**14.1 INTRODUCTION**

The U.S. food supply is generally considered to be one of the safest in the world. Nevertheless, contamination of foods may occur as a result of environmental pollution of the air, water, or soil, or the intentional use of chemicals such as pesticides or other agrochemicals. Ingestion of contaminated foods is a potential pathway of exposure to such contaminants among children. To assess chemical exposure through this pathway, information on food ingestion rates is needed. Per capita and consumers only data on food consumption rates for various food items and food categories are reported in Chapters 9 through 13 of this handbook. These intake rates were estimated by U.S. EPA using databases developed by the U.S. Department of Agriculture (USDA). U.S. EPA (2007) expanded the analysis of food intake in order to examine individuals' food consumption habits in greater detail. Using data from the USDA's Continuing Survey of Food Intake by Individuals (CSFII) conducted in 1994-1996, 1998, U.S. EPA (2007) derived distributions to characterize (1) total food intake among various groups in the U.S. population, subdivided by age, race, geographic region, and urbanization; (2) the contribution of various food categories (e.g., meats, grains, vegetables, etc.) to total food intake among these populations; and (3) the contribution of various food categories to total food intake among individuals exhibiting low- or high-end consumption patterns of a specific food category (e.g., individuals below the 10th percentile or above the 90th percentile for fish consumption). These data may be useful for assessing exposure among populations exhibiting lower or higher than usual intake of certain types of foods (e.g., people who eat little or no meat, or people who eat large quantities of fish).

The recommendations for total food intake rates are provided in the next section, along with a summary of the confidence ratings for these recommendations. Following the recommendations, the key study on total food intake is summarized.

14.2 RECOMMENDATIONS

A summary of recommended values for total food intake, on an as-consumed basis, is presented in Table 14-1. The confidence ratings for these recommendations are presented in Table 14-2. The recommended intake rates for children are based on data from the U.S. EPA (2007) analysis of CSFII data.

However, the analysis presented in U.S. EPA (2007) was conducted before U.S. EPA published the guidance entitled *Selecting Age Groups for Monitoring and Assessing Childhood Exposures to Environmental Contaminants* (U.S. EPA, 2005). As a result, the age groups used for children in U.S. EPA (2007) were not entirely consistent with the age groups recommended in the 2005 guidance. Therefore, a re-analysis of the data was conducted to conform with U.S. EPA's recommended age groups for children.

Because these recommendations are based on 1994-96 and 1998 CSFII data, they may not reflect recent changes that may have occurred in consumption patterns. In addition, these distributions are based on data collected over a 2-day period and may not necessarily reflect the long-term distribution of average daily intake rates. However, for the broad categories of foods used in this analysis (e.g., total foods, total fruits, total vegetables, etc.), because they are typically eaten on a daily basis throughout the year with minimal seasonality, the short-term distribution may be a reasonable approximation of the long-term distribution, although it will display somewhat increased variability. This implies that the upper percentiles shown here will tend to overestimate the corresponding percentiles of the true long-term distribution.



Table 14-1. Recommended Values for Per Capita Total Food Intake, As Consumed

| Age Group | Mean | 95 th Percentile | Multiple Percentiles | Source |
|--|----------|-----------------------------|----------------------|--|
| | g/kg-day | | | |
| Birth to <1 month | 20 | 61 | See Table 14-3 | U.S. EPA re-analysis of CSFII 1994-96, 98 data (Based on U.S. EPA, 2007) |
| 1 to <3 months | 16 | 40 | | |
| 3 to <6 months | 28 | 65 | | |
| 6 to <12 months | 56 | 134 | | |
| 1 to <2 years | 90 | 161 | | |
| 2 to <3 years | 74 | 126 | | |
| 3 to <6 years | 61 | 102 | | |
| 6 to <11 years | 40 | 70 | | |
| 11 to <16 years | 24 | 45 | | |
| 16 to <21 years | 18 | 35 | | |
| Note: Total food intake was defined as intake of the sum of all foods in the following major food categories: dairy, meats, fish, eggs, grains, vegetables, fruits, and fats. Beverages, sugar, candy, and sweets, and nuts and nut products were not included because they could not be categorized into the major food groups. Also, human milk intake was not included. | | | | |



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| Table 14-2. Confidence in Recommendations for Total Food Intake | | |
|---|---|--------|
| General Assessment Factors | Rationale | Rating |
| Soundness | | High |
| <i>Adequacy of Approach</i> | The survey methodology was adequate and the analytical approach was competently executed. The study size was very large; sample size varied with age. The response rate was good. The key study analyzed primary data on recall of ingestion. | |
| <i>Minimal (or Defined) Bias</i> | No direct measurements were taken. The study relied on survey data. | |
| Applicability and Utility | | Medium |
| <i>Exposure Factor of Interest</i> | The analysis was specifically designed to address food intake. | |
| <i>Representativeness</i> | The population studied was representative of the U.S. population. | |
| <i>Currency</i> | The data used were the most current data publicly available at the time the analysis was conducted for the handbook. | |
| <i>Data Collection Period</i> | Ingestion rates were estimated based on short-term data collected in the CSFII 1994-96, 1998. | |
| Clarity and Completeness | | Medium |
| <i>Accessibility</i> | The CSFII data are publicly available. The U.S. EPA (2007) report is available online. | |
| <i>Reproducibility</i> | The methodology was clearly presented; enough information was included to reproduce results. | |
| <i>Quality Assurance</i> | Quality assurance methods were not described in the study report. | |
| Variability and Uncertainty | | Medium |
| <i>Variability in Population</i> | Short term distributions were provided. The survey was not designed to capture long term day-to-day variability. | |
| <i>Uncertainty</i> | The survey data were based on recall over a 2-day period. Other sources of uncertainty were minimal. | |
| Evaluation and Review | | Medium |
| <i>Peer Review</i> | The USDA CSFII survey received a high level of peer review. U.S. EPA (2007) analysis was also peer-reviewed; however, the re-analysis of these data using the new age categories was not peer reviewed outside the Agency. | |
| <i>Number and Agreement of Studies</i> | Only one key study was available for this factor | |
| Overall Rating | | Medium |



14.3 KEY STUDY OF TOTAL FOOD INTAKE

14.3.1 U.S. EPA Re-analysis of 1994-96, 1998 CSFII, Based on U.S. EPA (2007) - Analysis of Total Food Intake and Composition of Individual's Diet Based on USDA's 1994-96, 1998 Continuing Survey of Food Intakes by Individuals (CSFII)

U.S. EPA's National Center for Environmental Assessment (NCEA) conducted an analysis to evaluate the total food intake of individuals in the United States using data from the USDA's 1994-1996, 1998 CSFII (USDA, 2000) and U.S. EPA's *Food Commodity Intake Database* (FCID) (U.S. EPA, 2000). The 1994-96 CSFII and its 1998 Supplemental Children's Survey were designed to obtain data from a statistically representative sample of noninstitutionalized persons living in the United States. Survey participants were selected using a multistage process. The respondents were interviewed twice to collect information on food consumption during two non-consecutive days. For both survey days, data were collected by an in-home interviewer. The day two interview was conducted 3 to 10 days later and on a different day of the week. Of the more than 20,000 individuals surveyed, approximately 10,000 were under 21 years of age, and approximately 9,000 were under the age of 11. The 1994-96 survey and 1998 supplement are referred to collectively as CSFII 1994-96, 1998. Each individual in the survey was assigned a sample weight based on his or her demographic data; these weights were taken into account when calculating mean and percentile values of food consumption for the various demographic categories that were analyzed in the study. The sample weighting process used in the CSFII 1994-96, 1998 are discussed in detail in USDA (2000).

For the analysis of total food intake, food commodity codes provided in U.S. EPA's Food Commodity Intake Database (FCID) (U.S. EPA, 2000) were used to translate as-eaten foods (e.g., beef stew) identified by USDA food codes in the CSFII data set into food commodities (e.g., beef, potatoes, carrots, etc.). The method used to translate USDA food codes into U.S. EPA commodity codes is discussed in detail in USDA (2000). The U.S. EPA commodity codes were assigned to broad food categories (e.g., total meats, total vegetables, etc.) for use in the analysis. Total food intake was defined as intake of the sum of all foods in the following major food categories: dairy, meats, fish, eggs, grains, vegetables, fruits, and fats.

Beverages, sugar, candy, and sweets, and nuts and nut products were not included because they could not be categorized into the major food groups. Also, human milk intake was not included. Total food intake was calculated for various age groups of children. Percent consuming, mean, standard error, and a range of percentile values were calculated on the basis of grams of food per kilogram of body weight per day (g/kg-day) and on the basis of grams per day (g/day). In addition to total food intake, intake of the various major food groups for the various age groups in units of g/day and g/kg-day were also estimated for comparison to total intake.

To evaluate variability in the contributions of the major food groups to total food intake, individuals were ranked from lowest to highest, based on total food intake. Three subsets of individuals were defined, as follows: a group at the low end of the distribution of total intake (i.e., below the 10th percentile of total intake), a central group (i.e., the 45th to 55th percentile of total intake), and a group at the high end of the distribution of total intake (i.e., above the 90th percentile of total intake). Mean total food intake (in g/day and g/kg-day), mean intake of each of the major food groups (in g/day and g/kg-day), and the percent of total food intake that each of these food groups represents was calculated for each of the three populations (i.e., individuals with low-end, central, and high-end total food intake). A similar analysis was conducted to estimate the contribution of the major food groups to total food intake for individuals at the low-end, central, and high-end of the distribution of total meat intake, total dairy intake, total meat and dairy intake, total fish intake, and total fruit and vegetable intake. For example, to evaluate the variability in the diets of individuals at the low-end, central range, and high-end of the distribution of total meat intake, survey individuals were ranked according to their reported total meat intake. Three subsets of individuals were formed as described above. Mean total food intake, intake of the major food groups, and the percent of total food intake represented by each of the major food groups were tabulated. U.S. EPA (2007) presented the results of the analysis for the following age groups: <1 year, 1 to 2 years, 3 to 5 years, 6 to 11 years, and 12 to 19 years. The data were tabulated in units of g/kg-day and g/day.

In order to conform to the standard age categories recommended in *Guidance on Selecting Age*



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Groups for Monitoring and Assessing Childhood Exposures to Environmental Contaminants (U.S. EPA, 2005) and used in this handbook, each of the tables from U.S. EPA (2007) was modified by re-analyzing the source data and applying the new age categories (i.e., <1 month, 1 to <3 months, 3 to <6 months, 6 to <12 months, 1 to <2 years, 2 to <3 years, 3 to <6 years, 6 to <11 years, 11 to <16 years, and 16 to <21 years). The results of this re-analysis are presented in Tables 14-3 through 14-11. Distributions of total food intake are presented in Table 14-3 in units of g/day and g/kg-day. Tables 14-4 and 14-5 compare total food intake to intake of the various major food groups for the various age groups in units of g/day and g/kg-day, respectively. It should be noted that some U.S. EPA commodity codes are listed under more than one food category. For this reason, in the tables, the intake rates for the individual food categories do not necessarily add up to the figure given for total food intake (U.S. EPA, 2007). Also, data are not reported for food groups for which there were less than 20 consumers in a particular age group. Tables 14-6 through 14-11 present the contributions of the major food groups to total food intake for individuals (in the various age groups) at the low-end, central, and high-end of the distribution of total food intake (Table 14-6), total meat intake (Table 14-7), total meat and dairy intake (Table 14-8), total fish intake (Table 14-9), total fruit and vegetable intake (Table 14-10), and total dairy intake (Table 14-11) in units of g/day and g/kg-day. For each of the three classes of consumers, consumption of nine different food categories is presented (i.e., total foods, dairy, meats, fish, eggs, grains, vegetables, fruits, and fats). For example, in Table 14-9 one will find the mean consumption of meats, eggs, vegetables, etc. for individuals with an unusually high (or low or average) consumption of fish.

As discussed in previous chapters, the 1994-96, 98 CSFII data set have both advantages and limitations with regard to estimating food intake rates. The large sample size (more than 20,000 persons; approximately 10,000 children) is sufficient to allow categorization within narrowly defined age categories. In addition, the survey was designed to obtain a statistically valid sample of the entire United States population that included children and low income groups. However, the survey design is of limited utility for assessing small and potentially at-risk subpopulations based on ethnicity, medical status, geography, or other factors

such as activity level. Another limitation is that data are based on a two-day survey period and, as such, may not accurately reflect long-term eating patterns. This is particularly true for the tails (extremes) of the distribution of food intake.

14.4 REFERENCES FOR CHAPTER 14

- USDA (2000) 1994–96, 1998 Continuing survey of food intakes by individuals (CSFII). CD-ROM. Agricultural Research Service, Beltsville Human Nutrition Research Center, Beltsville, MD. Available from the National Technical Information Service, Springfield, VA; PB-2000-500027.
- U.S. EPA (2000) Food commodity intake database [FCID raw data file]. Office of Pesticide Programs, Washington, DC. Available from the National Technical Information Service, Springfield, VA; PB2000-5000101.
- U.S. EPA (2005) Guidance on selecting age groups for monitoring and assessing childhood exposures to environmental contaminants. U.S. Environmental Protection Agency, Washington, D.C., EPA/630/P-03/003F. Available from the National Technical Information Service, Springfield, VA, and online at www.epa.gov/ncea.
- U.S. EPA (2007) Analysis of total food intake and composition of individual's diet based on USDA's 1994–96, 1998 continuing survey of food intakes by individuals (CSFII). National Center for Environmental Assessment, Washington, DC; EPA/600/R-05/062F. Available from the National Technical Information Service, Springfield, VA, and online at www.epa.gov/ncea.



Table 14-3. Per Capita Total Food Intake

| Age Group | N cons. ^a | N total ^b | PC | Mean | SE | Percentile | | | | | | | | | |
|---|---|-------------------------|-------|-------|-----|------------|-----|-----|-----|-------|-------|-------|-------|-------|-------|
| | | | | | | 1 | 5 | 10 | 25 | 50 | 75 | 90 | 95 | 99 | 100 |
| Total Food Intake (g/day, as consumed) | | | | | | | | | | | | | | | |
| Birth to <1 month | 59 | 88 | 67.0% | 67 | 59 | 0 | 0 | 0 | 0 | 67 | 108 | 142 | 221 | 222 | 222 |
| 1 to <3 month | 183 | 245 | 74.7% | 80 | 70 | 0 | 0 | 0 | 0 | 94 | 120 | 168 | 188 | 273 | 404 |
| 3 to <6 month | 385 | 411 | 93.7% | 197 | 150 | 0 | 0 | 12 | 100 | 167 | 286 | 385 | 476 | 705 | 1,151 |
| 6 to <12 month | 676 | 678 | 99.7% | 507 | 344 | 34 | 141 | 191 | 283 | 413 | 600 | 925 | 1,220 | 1,823 | 2,465 |
| 1 to <2 years | 1,002 | 1,002 | 100% | 1,039 | 407 | 216 | 414 | 570 | 770 | 998 | 1,244 | 1,556 | 1,756 | 2,215 | 3,605 |
| 2 to <3 years | 994 | 994 | 100% | 1,024 | 377 | 312 | 491 | 575 | 752 | 994 | 1,257 | 1,517 | 1,649 | 2,071 | 2,737 |
| 3 to <6 years | 4,112 | 4,112 | 100% | 1,066 | 380 | 416 | 548 | 629 | 805 | 1,020 | 1,276 | 1,548 | 1,746 | 2,168 | 4,886 |
| 6 to <11 years | 1,553 | 1,553 | 100% | 1,118 | 372 | 438 | 586 | 680 | 846 | 1,052 | 1,344 | 1,642 | 1,825 | 2,218 | 3,602 |
| 11 to <16 years | 975 | 975 | 100% | 1,209 | 499 | 343 | 536 | 657 | 851 | 1,124 | 1,491 | 1,860 | 2,179 | 2,668 | 4,548 |
| 16 to <21 years | 743 | 743 | 100% | 1,184 | 634 | 308 | 467 | 556 | 750 | 1,061 | 1,447 | 1,883 | 2,283 | 3,281 | 8,840 |
| Total Food Intake (g/kg-day, as consumed) | | | | | | | | | | | | | | | |
| Birth to <1 month | 59 | 88 | 67.0% | 20 | 18 | 0 | 0 | 0 | 0 | 19 | 33 | 43 | 61 | 69 | 69 |
| 1 to <3 month | 183 | 245 | 74.7% | 16 | 14 | 0 | 0 | 0 | 0 | 18 | 25 | 36 | 40 | 55 | 76 |
| 3 to <6 month | 385 | 411 | 93.7% | 28 | 21 | 0 | 0 | 2 | 15 | 24 | 38 | 53 | 65 | 107 | 169 |
| 6 to <12 month | 676 | 678 | 99.7% | 56 | 36 | 3 | 17 | 22 | 33 | 47 | 66 | 99 | 134 | 211 | 233 |
| 1 to <2 years | 1,002 | 1,002 | 100% | 90 | 37 | 17 | 38 | 48 | 65 | 85 | 109 | 137 | 161 | 207 | 265 |
| 2 to <3 years | 994 | 994 | 100% | 74 | 29 | 23 | 34 | 39 | 52 | 72 | 92 | 113 | 126 | 146 | 194 |
| 3 to <6 years | 4,112 | 4,112 | 100% | 61 | 24 | 21 | 30 | 34 | 44 | 57 | 73 | 91 | 102 | 132 | 239 |
| 6 to <11 years | 1,553 | 1,553 | 100% | 40 | 17 | 10 | 17 | 21 | 28 | 38 | 49 | 61 | 70 | 88 | 122 |
| 11 to <16 years | 975 | 975 | 100% | 24 | 11 | 5 | 9 | 11 | 16 | 22 | 30 | 38 | 45 | 55 | 82 |
| 16 to <21 years | 743 | 743 | 100% | 18 | 9 | 5 | 6 | 8 | 12 | 16 | 22 | 30 | 35 | 47 | 115 |
| ^a | Number of consumers. The number of consumers of total food may be less than the number of individuals in the study sample for the youngest age groups, because human milk was not included in the total food intake estimates presented here. | | | | | | | | | | | | | | |
| ^b | Sample size. | | | | | | | | | | | | | | |
| PC | = Percent consuming. | | | | | | | | | | | | | | |
| SE | = Standard error. | | | | | | | | | | | | | | |
| Source: | Based on U.S. EPA analysis of 1994-96, 1998 CSFII. | | | | | | | | | | | | | | |



Table 14-4. Per Capita Intake of Total Food and Intake of Major Food Groups (g/day, As Consumed)

| Table 14-4. Per Capita Intake of Total Food and Intake of Major Food Groups (g/day, As Consumed) | | | | | | | | | | | | | | | |
|--|-------------------------|-------------------------|-------|------|-----|------------|---|----|-----|-----|------|-----|------|-----|-------|
| Food Group | N cons. ^a | N total ^b | PC | Mean | SE | Percentile | | | | | | | | | |
| | | | | | | 1 | 5 | 10 | 25 | 50 | 75 | 90 | 95 | 99 | 100 |
| Age Birth to <1month | | | | | | | | | | | | | | | |
| Total Food Intake | 59 | 88 | 67.0% | 67 | 59 | 0 | 0 | 0 | 0 | 67 | 108 | 142 | 221 | 222 | 222 |
| Total Dairy Intake | 51 | 88 | 58.0% | 41 | 38 | 0 | 0 | 0 | 0 | 40 | 72 | 81 | 156 | 156 | 156 |
| Total Meat Intake | 0 | 88 | 0.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Total Egg Intake | 0 | 88 | 0.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Total Fish Intake | 0 | 88 | 0.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Total Grain Intake | 5 | 88 | 5.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Total Vegetable Intake | 27 | 88 | 30.7% | 5 | 23 | 0 | 0 | 0 | 0 | 0 | 0.29 | 16 | 32 | 108 | 125 |
| Total Fruit Intake | 2 | 88 | 2.3% | - | - | - | - | - | - | - | - | - | - | - | - |
| Total Fat Intake | 58 | 88 | 65.9% | 19 | 16 | 0 | 0 | 0 | 0 | 20 | 32 | 38 | 64 | 64 | 64 |
| Age 1 to <3 months | | | | | | | | | | | | | | | |
| Total Food Intake | 183 | 245 | 74.7% | 80 | 70 | 0 | 0 | 0 | 0 | 94 | 120 | 168 | 188 | 273 | 404 |
| Total Dairy Intake | 147 | 245 | 60.0% | 37 | 40 | 0 | 0 | 0 | 0 | 19 | 72 | 89 | 103 | 129 | 155 |
| Total Meat Intake | 1 | 245 | 0.4% | - | - | - | - | - | - | - | - | - | - | - | - |
| Total Egg Intake | 0 | 245 | 0.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Total Fish Intake | 0 | 245 | 0.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Total Grain Intake | 44 | 245 | 18.0% | 1 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 9 | 20 | 45 |
| Total Vegetable Intake | 88 | 245 | 35.9% | 15 | 33 | 0 | 0 | 0 | 0 | 0 | 0.92 | 74 | 94 | 119 | 211 |
| Total Fruit Intake | 23 | 245 | 9.4% | 4 | 21 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 31 | 114 | 171 |
| Total Fat Intake | 176 | 245 | 71.8% | 21 | 17 | 0 | 0 | 0 | 0 | 27 | 34 | 42 | 49 | 65 | 72 |
| Age 3 to <6 months | | | | | | | | | | | | | | | |
| Total Food Intake | 385 | 411 | 93.7% | 197 | 150 | 0 | 0 | 12 | 100 | 167 | 286 | 385 | 476 | 705 | 1,151 |
| Total Dairy Intake | 308 | 411 | 74.9% | 56 | 56 | 0 | 0 | 0 | 0 | 60 | 85 | 109 | 124 | 260 | 496 |
| Total Meat Intake | 44 | 411 | 10.7% | 2 | 7 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 13 | 29 | 92 |
| Total Egg Intake | 28 | 411 | 6.8% | 0.23 | 3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.49 | 4 | 50 |
| Total Fish Intake | 1 | 411 | 0.2% | - | - | - | - | - | - | - | - | - | - | - | - |
| Total Grain Intake | 284 | 411 | 69.1% | 8 | 11 | 0 | 0 | 0 | 0 | 4 | 11 | 21 | 27 | 44 | 68 |
| Total Vegetable Intake | 263 | 411 | 64.0% | 34 | 46 | 0 | 0 | 0 | 0 | 13 | 58 | 102 | 120 | 184 | 226 |
| Total Fruit Intake | 218 | 411 | 53.0% | 68 | 102 | 0 | 0 | 0 | 0 | 15 | 99 | 196 | 282 | 522 | 750 |
| Total Fat Intake | 357 | 411 | 86.9% | 28 | 17 | 0 | 0 | 0 | 20 | 30 | 38 | 45 | 53 | 81 | 106 |



Table 14-4. Per Capita Intake of Total Food and Intake of Major Food Groups (g/day, As Consumed) (continued)

| Food Group | N cons. ^a | N total ^b | PC | Mean | SE | Percentile | | | | | | | | | |
|------------------------|-------------------------|-------------------------|-------|-------|-----|------------|------|--------|-------|-------|-------|-------|-------|-------|-------|
| | | | | | | 1 | 5 | 10 | 25 | 50 | 75 | 90 | 95 | 99 | 100 |
| Age 6 to <12 months | | | | | | | | | | | | | | | |
| Total Food Intake | 676 | 678 | 99.7% | 507 | 344 | 34 | 141 | 191 | 283 | 413 | 600 | 925 | 1,220 | 1,823 | 2,465 |
| Total Dairy Intake | 628 | 678 | 92.6% | 151 | 246 | 0 | 0 | 0.52 | 26 | 71 | 124 | 401 | 722 | 1,297 | 1,873 |
| Total Meat Intake | 500 | 678 | 73.7% | 22 | 27 | 0 | 0 | 0 | 0.013 | 14 | 32 | 59 | 78 | 117 | 269 |
| Total Egg Intake | 352 | 678 | 51.9% | 6 | 13 | 0 | 0 | 0 | 0 | 0.019 | 2 | 22 | 42 | 73 | 103 |
| Total Fish Intake | 34 | 678 | 5.0% | 0.62 | 3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 21 | 42 |
| Total Grain Intake | 653 | 678 | 96.3% | 33 | 28 | 0 | 0.83 | 6 | 14 | 28 | 45 | 66 | 84 | 125 | 260 |
| Total Vegetable Intake | 662 | 678 | 97.6% | 91 | 67 | 0 | 2 | 14 | 41 | 81 | 127 | 180 | 231 | 285 | 452 |
| Total Fruit Intake | 639 | 678 | 94.2% | 169 | 142 | 0 | 0 | 17 | 70 | 147 | 232 | 335 | 425 | 670 | 1,254 |
| Total Fat Intake | 661 | 678 | 97.5% | 31 | 16 | 0 | 2 | 7 | 23 | 31 | 40 | 51 | 58 | 81 | 90 |
| Age 1 to <2 years | | | | | | | | | | | | | | | |
| Total Food Intake | 1,002 | 1,002 | 100% | 1,039 | 407 | 216 | 414 | 570 | 770 | 998 | 1,244 | 1,556 | 1,756 | 2,215 | 3,605 |
| Total Dairy Intake | 999 | 1,002 | 99.7% | 489 | 332 | 1 | 38 | 94 | 241 | 451 | 681 | 917 | 1,090 | 1,474 | 2,935 |
| Total Meat Intake | 965 | 1,002 | 96.3% | 47 | 37 | 0 | 0.27 | 6 | 20 | 39 | 66 | 100 | 120 | 181 | 221 |
| Total Egg Intake | 906 | 1,002 | 90.4% | 14 | 21 | 0 | 0 | 0.0014 | 1 | 4 | 23 | 45 | 57 | 86 | 212 |
| Total Fish Intake | 188 | 1,002 | 18.8% | 3 | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 11 | 21 | 45 | 135 |
| Total Grain Intake | 997 | 1,002 | 99.5% | 66 | 34 | 8 | 19 | 27 | 42 | 60 | 83 | 111 | 126 | 172 | 209 |
| Total Vegetable Intake | 1,000 | 1,002 | 99.8% | 120 | 75 | 9 | 25 | 37 | 68 | 107 | 155 | 220 | 255 | 402 | 739 |
| Total Fruit Intake | 986 | 1,002 | 98.4% | 254 | 204 | 0 | 4 | 30 | 99 | 209 | 349 | 532 | 664 | 828 | 1,762 |
| Total Fat Intake | 1,002 | 1,002 | 100% | 39 | 17 | 8 | 15 | 20 | 28 | 37 | 48 | 62 | 69 | 87 | 146 |
| Age 2 to <3 years | | | | | | | | | | | | | | | |
| Total Food Intake | 994 | 994 | 100% | 1,024 | 377 | 312 | 491 | 575 | 752 | 994 | 1,257 | 1,517 | 1,649 | 2,071 | 2,737 |
| Total Dairy Intake | 994 | 994 | 100% | 383 | 243 | 6 | 54 | 104 | 201 | 346 | 510 | 709 | 838 | 1,079 | 1,378 |
| Total Meat Intake | 981 | 994 | 98.7% | 60 | 41 | 0 | 8 | 14 | 31 | 51 | 80 | 115 | 139 | 199 | 280 |
| Total Egg Intake | 943 | 994 | 94.9% | 18 | 24 | 0 | 0 | 0.070 | 1 | 7 | 27 | 50 | 60 | 93 | 169 |
| Total Fish Intake | 190 | 994 | 19.1% | 4 | 12 | 0 | 0 | 0 | 0 | 0 | 0 | 13 | 26 | 53 | 127 |
| Total Grain Intake | 993 | 994 | 99.9% | 81 | 35 | 16 | 32 | 41 | 58 | 78 | 99 | 126 | 147 | 195 | 263 |
| Total Vegetable Intake | 994 | 994 | 100% | 145 | 89 | 18 | 45 | 57 | 86 | 128 | 178 | 249 | 302 | 431 | 846 |
| Total Fruit Intake | 970 | 994 | 97.6% | 279 | 230 | 0 | 2 | 25 | 117 | 231 | 382 | 594 | 750 | 992 | 2,042 |
| Total Fat Intake | 994 | 994 | 100% | 42 | 18 | 11 | 17 | 22 | 30 | 40 | 51 | 65 | 73 | 101 | 129 |



Table 14-4. Per Capita Intake of Total Food and Intake of Major Food Groups (g/day, As Consumed) (continued)

| Table 14-4. Per Capita Intake of Total Food and Intake of Major Food Groups (g/day, As Consumed) (continued) | | | | | | | | | | | | | | | |
|--|-------------------------|-------------------------|-------|------|-----|------------|----------|-------|-----|-------|-------|-------|-------|-------|-------|
| Food Group | N cons. ^a | N total ^b | PC | Mean | SE | Percentile | | | | | | | | | |
| | | | | | | 1 | 5 | 10 | 25 | 50 | 75 | 90 | 95 | 99 | 100 |
| Age 3 to <6 years | | | | | | | | | | | | | | | |
| Total Food Intake | 4,112 | 4,112 | 100% | 1066 | 380 | 416 | 548 | 629 | 805 | 1,020 | 1,276 | 1,548 | 1,746 | 2,168 | 4,886 |
| Total Dairy Intake | 4,112 | 4,112 | 100% | 392 | 249 | 14 | 68 | 121 | 224 | 356 | 522 | 706 | 805 | 1,151 | 3,978 |
| Total Meat Intake | 4,062 | 4,112 | 98.8% | 73 | 49 | 0 | 11 | 20 | 38 | 65 | 97 | 133 | 163 | 230 | 433 |
| Total Egg Intake | 3,910 | 4,112 | 95.1% | 16 | 23 | 0 | 0.00032 | 0.065 | 1 | 6 | 24 | 47 | 59 | 99 | 290 |
| Total Fish Intake | 801 | 4,112 | 19.5% | 5 | 16 | 0 | 0 | 0 | 0 | 0 | 0 | 19 | 36 | 71 | 192 |
| Total Grain Intake | 4,111 | 4,112 | 100% | 101 | 41 | 29 | 44 | 54 | 72 | 95 | 122 | 155 | 175 | 230 | 410 |
| Total Vegetable Intake | 4,111 | 4,112 | 100% | 170 | 89 | 30 | 56 | 75 | 109 | 156 | 213 | 280 | 329 | 454 | 915 |
| Total Fruit Intake | 4,021 | 4,112 | 97.8% | 243 | 220 | 0 | 2 | 16 | 85 | 196 | 344 | 516 | 642 | 1,000 | 2,252 |
| Total Fat Intake | 4,112 | 4,112 | 100% | 50 | 19 | 14 | 23 | 27 | 36 | 47 | 60 | 74 | 85 | 113 | 167 |
| Age 6 to <11 years | | | | | | | | | | | | | | | |
| Total Food Intake | 1,553 | 1,553 | 100% | 1118 | 372 | 438 | 586 | 680 | 846 | 1,052 | 1,344 | 1,642 | 1,825 | 2,218 | 3,602 |
| Total Dairy Intake | 1,553 | 1,553 | 100% | 408 | 243 | 10 | 63 | 126 | 229 | 371 | 557 | 741 | 837 | 1,130 | 2,680 |
| Total Meat Intake | 1,533 | 1,553 | 98.7% | 87 | 56 | 0 | 12 | 24 | 48 | 79 | 116 | 156 | 195 | 268 | 435 |
| Total Egg Intake | 1,490 | 1,553 | 95.9% | 16 | 22 | 0 | 0.0019 | 0.13 | 2 | 6 | 22 | 46 | 58 | 107 | 163 |
| Total Fish Intake | 258 | 1,553 | 16.6% | 6 | 17 | 0 | 0 | 0 | 0 | 0 | 0 | 23 | 38 | 102 | 169 |
| Total Grain Intake | 1,553 | 1,553 | 100% | 119 | 48 | 31 | 54 | 67 | 87 | 114 | 143 | 179 | 201 | 262 | 513 |
| Total Vegetable Intake | 1,553 | 1,553 | 100% | 210 | 103 | 42 | 76 | 96 | 136 | 193 | 264 | 342 | 410 | 560 | 896 |
| Total Fruit Intake | 1,515 | 1,553 | 97.6% | 193 | 184 | 0 | 1 | 8 | 60 | 141 | 280 | 440 | 545 | 880 | 1,406 |
| Total Fat Intake | 1,553 | 1,553 | 100% | 58 | 22 | 16 | 27 | 33 | 42 | 56 | 70 | 86 | 95 | 121 | 168 |
| Age 11 to <16 years | | | | | | | | | | | | | | | |
| Total Food Intake | 975 | 975 | 100% | 1209 | 499 | 343 | 536 | 657 | 851 | 1,124 | 1,491 | 1,860 | 2,179 | 2,668 | 4,548 |
| Total Dairy Intake | 975 | 975 | 100% | 368 | 291 | 1 | 25 | 43 | 152 | 307 | 507 | 740 | 948 | 1,401 | 1,972 |
| Total Meat Intake | 970 | 975 | 99.5% | 114 | 75 | 1 | 18 | 32 | 63 | 101 | 154 | 208 | 244 | 355 | 578 |
| Total Egg Intake | 930 | 975 | 95.4% | 19 | 27 | 0 | 0.00087 | 0.12 | 2 | 7 | 25 | 53 | 72 | 123 | 244 |
| Total Fish Intake | 167 | 975 | 17.1% | 9 | 24 | 0 | 0 | 0 | 0 | 0 | 0 | 30 | 62 | 125 | 227 |
| Total Grain Intake | 975 | 975 | 100% | 136 | 63 | 33 | 56 | 70 | 93 | 127 | 168 | 212 | 249 | 333 | 645 |
| Total Vegetable Intake | 975 | 975 | 100% | 280 | 146 | 65 | 105 | 124 | 176 | 246 | 352 | 472 | 552 | 713 | 1,333 |
| Total Fruit Intake | 923 | 975 | 94.7% | 195 | 202 | 0 | 0.000073 | 0.68 | 31 | 135 | 273 | 483 | 635 | 930 | 1,535 |
| Total Fat Intake | 975 | 975 | 100% | 69 | 33 | 18 | 28 | 34 | 47 | 64 | 83 | 110 | 131 | 176 | 321 |



Table 14-4. Per Capita Intake of Total Food and Intake of Major Food Groups (g/day, As Consumed) (continued)

| Food Group | N cons. ^a | N total ^b | PC | Mean | SE | Percentile | | | | | | | | | |
|------------------------|-------------------------|-------------------------|-------|------|-----|------------|-----|--------|-----|-------|-------|-------|-------|-------|-------|
| | | | | | | 1 | 5 | 10 | 25 | 50 | 75 | 90 | 95 | 99 | 100 |
| Age 16 to <21 years | | | | | | | | | | | | | | | |
| Total Food Intake | 743 | 743 | 100% | 1184 | 634 | 308 | 467 | 556 | 750 | 1,061 | 1,447 | 1,883 | 2,283 | 3,281 | 8,840 |
| Total Dairy Intake | 742 | 743 | 99.9% | 283 | 279 | 0.24 | 8 | 19 | 63 | 196 | 410 | 649 | 934 | 1,235 | 1,866 |
| Total Meat Intake | 730 | 743 | 98.3% | 139 | 127 | 0 | 12 | 28 | 64 | 116 | 185 | 266 | 310 | 458 | 2,343 |
| Total Egg Intake | 703 | 743 | 94.6% | 21 | 30 | 0 | 0 | 0.078 | 1 | 7 | 29 | 59 | 89 | 126 | 223 |
| Total Fish Intake | 143 | 743 | 19.2% | 10 | 33 | 0 | 0 | 0 | 0 | 0 | 0 | 34 | 76 | 146 | 399 |
| Total Grain Intake | 743 | 743 | 100% | 150 | 93 | 13 | 48 | 58 | 88 | 132 | 190 | 256 | 307 | 543 | 730 |
| Total Vegetable Intake | 743 | 743 | 100% | 325 | 204 | 43 | 86 | 128 | 194 | 280 | 400 | 562 | 683 | 1,160 | 2,495 |
| Total Fruit Intake | 671 | 743 | 90.3% | 168 | 237 | 0 | 0 | 0.0022 | 3 | 74 | 242 | 432 | 665 | 1,023 | 2,270 |
| Total Fat Intake | 743 | 743 | 100% | 74 | 42 | 13 | 22 | 30 | 46 | 67 | 94 | 129 | 148 | 213 | 391 |

^a Number of consumers. The number of consumers of total food may be less than the number of individuals in the study sample for the youngest age groups, because human milk was not included in the total food intake estimates presented here.

^b Sample size.

PC = Percent consuming.

SE = Standard error.

- = Data not reported where the number of consumers was less than 20.

Source: Based on U.S. EPA analysis of 1994-96, 1998 CSFII.



Table 14-5. Per Capita Intake of Total Food and Intake of Major Food Groups (g/kg-day, As Consumed)

| Table 14-5. Per Capita Intake of Total Food and Intake of Major Food Groups (g/kg-day, As Consumed) | | | | | | | | | | | | | | | |
|---|-------------------------|-------------------------|-------|-------|------|------------|---|----|----|----|------|------|-------|-----|-----|
| Food Group | N cons. ^a | N total ^b | PC | Mean | SE | Percentile | | | | | | | | | |
| | | | | | | 1 | 5 | 10 | 25 | 50 | 75 | 90 | 95 | 99 | 100 |
| Age Birth to <1 month | | | | | | | | | | | | | | | |
| Total Food Intake | 59 | 88 | 67.0% | 20 | 18 | 0 | 0 | 0 | 0 | 19 | 33 | 43 | 61 | 69 | 69 |
| Total Dairy Intake | 51 | 88 | 58.0% | 12 | 12 | 0 | 0 | 0 | 0 | 13 | 21 | 25 | 43 | 49 | 49 |
| Total Meat Intake | 0 | 88 | 0.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Total Egg Intake | 0 | 88 | 0.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Total Fish Intake | 0 | 88 | 0.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Total Grain Intake | 5 | 88 | 5.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Total Vegetable Intake | 27 | 88 | 30.7% | 2 | 6 | 0 | 0 | 0 | 0 | 0 | 0.11 | 4 | 12 | 30 | 35 |
| Total Fruit Intake | 2 | 88 | 2.3% | - | - | - | - | - | - | - | - | - | - | - | - |
| Total Fat Intake | 58 | 88 | 65.9% | 6 | 5 | 0 | 0 | 0 | 0 | 6 | 9 | 11 | 18 | 20 | 20 |
| Age 1 to <3 months | | | | | | | | | | | | | | | |
| Total Food Intake | 183 | 245 | 74.7% | 16 | 14 | 0 | 0 | 0 | 0 | 18 | 25 | 36 | 40 | 55 | 76 |
| Total Dairy Intake | 147 | 245 | 60.0% | 8 | 9 | 0 | 0 | 0 | 0 | 4 | 15 | 20 | 26 | 34 | 43 |
| Total Meat Intake | 1 | 245 | 0.4% | - | - | - | - | - | - | - | - | - | - | - | - |
| Total Egg Intake | 0 | 245 | 0.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Total Fish Intake | 0 | 245 | 0.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Total Grain Intake | 44 | 245 | 18.0% | 0.23 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 2 | 3 | 9 |
| Total Vegetable Intake | 88 | 245 | 35.9% | 3 | 6 | 0 | 0 | 0 | 0 | 0 | 0.18 | 13 | 17 | 26 | 34 |
| Total Fruit Intake | 23 | 245 | 9.4% | 1 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 7 | 19 | 43 |
| Total Fat Intake | 176 | 245 | 71.8% | 4 | 4 | 0 | 0 | 0 | 0 | 5 | 7 | 9 | 11 | 14 | 18 |
| Age 3 to <6 months | | | | | | | | | | | | | | | |
| Total Food Intake | 385 | 411 | 93.7% | 28 | 21 | 0 | 0 | 2 | 15 | 24 | 38 | 53 | 65 | 107 | 169 |
| Total Dairy Intake | 308 | 411 | 74.9% | 8 | 8 | 0 | 0 | 0 | 0 | 8 | 12 | 16 | 20 | 38 | 73 |
| Total Meat Intake | 44 | 411 | 10.7% | 0.21 | 0.97 | 0 | 0 | 0 | 0 | 0 | 0 | 0.12 | 1 | 4 | 13 |
| Total Egg Intake | 28 | 411 | 6.8% | 0.024 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.055 | 1 | 4 |
| Total Fish Intake | 1 | 411 | 0.2% | - | - | - | - | - | - | - | - | - | - | - | - |
| Total Grain Intake | 284 | 411 | 69.1% | 1 | 2 | 0 | 0 | 0 | 0 | 1 | 1 | 3 | 4 | 6 | 10 |
| Total Vegetable Intake | 263 | 411 | 64.0% | 5 | 7 | 0 | 0 | 0 | 0 | 2 | 8 | 14 | 18 | 25 | 52 |
| Total Fruit Intake | 218 | 411 | 53.0% | 9 | 15 | 0 | 0 | 0 | 0 | 2 | 13 | 29 | 37 | 72 | 110 |
| Total Fat Intake | 357 | 411 | 86.9% | 4 | 3 | 0 | 0 | 0 | 2 | 4 | 6 | 7 | 8 | 12 | 17 |



Table 14-5. Per Capita Intake of Total Food and Intake of Major Food Groups (g/kg-day, As Consumed) (continued)

| Food Group | N cons. ^a | N total ^b | PC | Mean | SE | Percentile | | | | | | | | | |
|------------------------|-------------------------|-------------------------|-------|-------|------|------------|-------|----------|--------|--------|------|------|-----|-----|-----|
| | | | | | | 1 | 5 | 10 | 25 | 50 | 75 | 90 | 95 | 99 | 100 |
| Age 6 to <12 months | | | | | | | | | | | | | | | |
| Total Food Intake | 676 | 678 | 99.7% | 56 | 36 | 3 | 17 | 22 | 33 | 47 | 66 | 99 | 134 | 211 | 233 |
| Total Dairy Intake | 628 | 678 | 92.6% | 16 | 26 | 0 | 0 | 0.068 | 3 | 8 | 14 | 38 | 72 | 165 | 180 |
| Total Meat Intake | 500 | 678 | 73.7% | 2 | 3 | 0 | 0 | 0 | 0.0017 | 1 | 4 | 6 | 8 | 12 | 30 |
| Total Egg Intake | 352 | 678 | 51.9% | 0.58 | 1 | 0 | 0 | 0 | 0 | 0.0023 | 0.21 | 2 | 4 | 7 | 11 |
| Total Fish Intake | 34 | 678 | 5.0% | 0.064 | 0.35 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 4 |
| Total Grain Intake | 653 | 678 | 96.3% | 4 | 3 | 0 | 0.097 | 0.67 | 2 | 3 | 5 | 7 | 9 | 14 | 26 |
| Total Vegetable Intake | 662 | 678 | 97.6% | 10 | 8 | 0 | 0.26 | 2 | 5 | 9 | 14 | 20 | 25 | 34 | 67 |
| Total Fruit Intake | 639 | 678 | 94.2% | 19 | 16 | 0 | 0 | 2 | 8 | 16 | 26 | 36 | 46 | 84 | 138 |
| Total Fat Intake | 661 | 678 | 97.5% | 3 | 2 | 0 | 0.20 | 0.77 | 2 | 3 | 4 | 6 | 7 | 8 | 10 |
| Age 1 to <2 years | | | | | | | | | | | | | | | |
| Total Food Intake | 1,002 | 1,002 | 100% | 90 | 37 | 17 | 38 | 48 | 65 | 85 | 109 | 137 | 161 | 207 | 265 |
| Total Dairy Intake | 999 | 1,002 | 99.7% | 43 | 30 | 0.10 | 3 | 8 | 20 | 38 | 59 | 83 | 100 | 137 | 216 |
| Total Meat Intake | 965 | 1,002 | 96.3% | 4 | 3 | 0 | 0.023 | 0.59 | 2 | 3 | 6 | 8 | 10 | 14 | 21 |
| Total Egg Intake | 906 | 1,002 | 90.4% | 1 | 2 | 0 | 0 | 0.000098 | 0.085 | 0.37 | 2 | 4 | 5 | 7 | 15 |
| Total Fish Intake | 188 | 1,002 | 18.8% | 0.27 | 0.88 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 2 | 3 | 12 |
| Total Grain Intake | 997 | 1,002 | 99.5% | 6 | 3 | 0.87 | 2 | 2 | 4 | 5 | 7 | 9 | 11 | 15 | 19 |
| Total Vegetable Intake | 1,000 | 1,002 | 99.8% | 10 | 7 | 0.65 | 2 | 3 | 6 | 9 | 14 | 19 | 22 | 33 | 61 |
| Total Fruit Intake | 986 | 1,002 | 98.4% | 22 | 18 | 0 | 0.41 | 3 | 9 | 18 | 31 | 44 | 58 | 81 | 144 |
| Total Fat Intake | 1,002 | 1,002 | 100% | 3 | 2 | 0.73 | 1 | 2 | 2 | 3 | 4 | 5 | 6 | 8 | 11 |
| Age 2 to <3 years | | | | | | | | | | | | | | | |
| Total Food Intake | 994 | 994 | 100% | 74 | 29 | 23 | 34 | 39 | 52 | 72 | 92 | 113 | 126 | 146 | 194 |
| Total Dairy Intake | 994 | 994 | 100% | 28 | 18 | 0.42 | 4 | 7 | 14 | 24 | 37 | 52 | 63 | 84 | 108 |
| Total Meat Intake | 981 | 994 | 98.7% | 4 | 3 | 0 | 0.55 | 1 | 2 | 4 | 6 | 8 | 9 | 14 | 20 |
| Total Egg Intake | 943 | 994 | 94.9% | 1 | 2 | 0 | 0 | 0.0051 | 0.098 | 0.49 | 2 | 4 | 4 | 6 | 13 |
| Total Fish Intake | 190 | 994 | 19.1% | 0.27 | 0.89 | 0 | 0 | 0 | 0 | 0 | 0 | 0.91 | 2 | 4 | 11 |
| Total Grain Intake | 993 | 994 | 99.9% | 6 | 3 | 1 | 2 | 3 | 4 | 5 | 7 | 9 | 10 | 14 | 28 |
| Total Vegetable Intake | 994 | 994 | 100% | 10 | 6 | 1 | 3 | 4 | 6 | 9 | 13 | 18 | 22 | 34 | 64 |
| Total Fruit Intake | 970 | 994 | 97.6% | 20 | 17 | 0 | 0.14 | 2 | 8 | 16 | 27 | 44 | 56 | 71 | 114 |
| Total Fat Intake | 994 | 994 | 100% | 3 | 1 | 0.72 | 1 | 1 | 2 | 3 | 4 | 5 | 5 | 7 | 9 |



Table 14-5. Per Capita Intake of Total Food and Intake of Major Food Groups (g/kg-day, As Consumed) (continued)

| Table 14-5. Per Capita Intake of Total Food and Intake of Major Food Groups (g/kg-day, As Consumed) (continued) | | | | | | | | | | | | | | | |
|---|-------------------------|-------------------------|-------|------|------|------------|----------|--------|-------|------|------|------|-----|-----|-----|
| Food Group | N cons. ^a | N total ^b | PC | Mean | SE | Percentile | | | | | | | | | |
| | | | | | | 1 | 5 | 10 | 25 | 50 | 75 | 90 | 95 | 99 | 100 |
| Age 3 to <6 years | | | | | | | | | | | | | | | |
| Total Food Intake | 4,112 | 4,112 | 100% | 61 | 24 | 21 | 30 | 34 | 44 | 57 | 73 | 91 | 102 | 132 | 239 |
| Total Dairy Intake | 4,112 | 4,112 | 100% | 22 | 15 | 0.83 | 4 | 7 | 12 | 20 | 30 | 41 | 48 | 66 | 195 |
| Total Meat Intake | 4,062 | 4,112 | 98.8% | 4 | 3 | 0 | 0.61 | 1 | 2 | 4 | 5 | 8 | 9 | 13 | 23 |
| Total Egg Intake | 3,910 | 4,112 | 95.1% | 0.89 | 1 | 0 | 0.000022 | 0.0035 | 0.081 | 0.32 | 1 | 3 | 3 | 5 | 13 |
| Total Fish Intake | 801 | 4,112 | 19.5% | 0.29 | 0.88 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 2 | 4 | 12 |
| Total Grain Intake | 4,111 | 4,112 | 100% | 6 | 3 | 2 | 2 | 3 | 4 | 5 | 7 | 9 | 10 | 14 | 27 |
| Total Vegetable Intake | 4,111 | 4,112 | 100% | 10 | 5 | 2 | 3 | 4 | 6 | 9 | 12 | 16 | 19 | 26 | 60 |
| Total Fruit Intake | 4,021 | 4,112 | 97.8% | 14 | 13 | 0 | 0.13 | 0.94 | 5 | 11 | 20 | 30 | 39 | 57 | 124 |
| Total Fat Intake | 4,112 | 4,112 | 100% | 3 | 1 | 0.85 | 1 | 2 | 2 | 3 | 3 | 4 | 5 | 6 | 10 |
| Age 6 to <11 years | | | | | | | | | | | | | | | |
| Total Food Intake | 1,553 | 1,553 | 100% | 40 | 17 | 10 | 17 | 21 | 28 | 38 | 49 | 61 | 70 | 88 | 122 |
| Total Dairy Intake | 1,553 | 1,553 | 100% | 15 | 10 | 0.35 | 2 | 4 | 7 | 13 | 20 | 27 | 33 | 42 | 79 |
| Total Meat Intake | 1,533 | 1,553 | 98.7% | 3 | 2 | 0 | 0.44 | 0.82 | 2 | 3 | 4 | 6 | 7 | 10 | 18 |
| Total Egg Intake | 1,490 | 1,553 | 95.9% | 0.55 | 1 | 0 | 0.000084 | 0.0034 | 0.054 | 0.21 | 0.72 | 2 | 2 | 4 | 8 |
| Total Fish Intake | 258 | 1,553 | 16.6% | 0.21 | 0.66 | 0 | 0 | 0 | 0 | 0 | 0 | 0.79 | 1 | 3 | 7 |
| Total Grain Intake | 1,553 | 1,553 | 100% | 4 | 2 | 0.92 | 2 | 2 | 3 | 4 | 5 | 7 | 8 | 11 | 16 |
| Total Vegetable Intake | 1,553 | 1,553 | 100% | 7 | 4 | 1 | 2 | 3 | 5 | 7 | 9 | 12 | 15 | 20 | 50 |
| Total Fruit Intake | 1,515 | 1,553 | 97.6% | 7 | 7 | 0 | 0.049 | 0.24 | 2 | 5 | 10 | 16 | 21 | 32 | 55 |
| Total Fat Intake | 1,553 | 1,553 | 100% | 2 | 1 | 0.60 | 0.91 | 1 | 1 | 2 | 3 | 3 | 4 | 5 | 9 |
| Age 11 to <16 years | | | | | | | | | | | | | | | |
| Total Food Intake | 975 | 975 | 100% | 24 | 11 | 5 | 9 | 11 | 16 | 22 | 30 | 38 | 45 | 55 | 82 |
| Total Dairy Intake | 975 | 975 | 100% | 7 | 6 | 0.021 | 0.38 | 0.82 | 3 | 6 | 10 | 15 | 20 | 29 | 38 |
| Total Meat Intake | 970 | 975 | 99.5% | 2 | 1 | 0.022 | 0.35 | 0.63 | 1 | 2 | 3 | 4 | 5 | 7 | 10 |
| Total Egg Intake | 930 | 975 | 95.4% | 0.36 | 1 | 0 | 0.000015 | 0.0021 | 0.033 | 0.14 | 0.45 | 1 | 1 | 3 | 7 |
| Total Fish Intake | 167 | 975 | 17.1% | 0.16 | 0.48 | 0 | 0 | 0 | 0 | 0 | 0 | 0.57 | 1 | 2 | 7 |
| Total Grain Intake | 975 | 975 | 100% | 3 | 1 | 0.62 | 0.94 | 1 | 2 | 2 | 3 | 5 | 5 | 7 | 9 |
| Total Vegetable Intake | 975 | 975 | 100% | 5 | 3 | 1 | 2 | 2 | 3 | 5 | 7 | 9 | 11 | 14 | 31 |
| Total Fruit Intake | 923 | 975 | 94.7% | 4 | 4 | 0 | 0.000001 | 0.13 | 0.64 | 3 | 6 | 10 | 14 | 18 | 32 |
| Total Fat Intake | 975 | 975 | 100% | 1 | 1 | 0.35 | 0.48 | 0.61 | 1 | 1 | 2 | 2 | 3 | 4 | 5 |



Table 14-5. Per Capita Intake of Total Food and Intake of Major Food Groups (g/kg-day, As Consumed) (continued)

| Food Group | N cons. ^a | N total ^b | PC | Mean | SE | Percentile | | | | | | | | | |
|------------------------|-------------------------|-------------------------|-------|------|------|------------|------|----------|-------|------|------|------|----|----|-----|
| | | | | | | 1 | 5 | 10 | 25 | 50 | 75 | 90 | 95 | 99 | 100 |
| Age 16 to <21 years | | | | | | | | | | | | | | | |
| Total Food Intake | 743 | 743 | 100% | 18 | 9 | 5 | 6 | 8 | 12 | 16 | 22 | 30 | 35 | 47 | 115 |
| Total Dairy Intake | 742 | 743 | 99.9% | 4 | 4 | 0.0058 | 0.13 | 0.28 | 0.88 | 3 | 6 | 10 | 12 | 19 | 25 |
| Total Meat Intake | 730 | 743 | 98.3% | 2 | 2 | 0 | 0.18 | 0.49 | 0.95 | 2 | 3 | 4 | 5 | 7 | 30 |
| Total Egg Intake | 703 | 743 | 94.6% | 0.31 | 0.43 | 0 | 0 | 0.0012 | 0.018 | 0.11 | 0.44 | 0.96 | 1 | 2 | 3 |
| Total Fish Intake | 143 | 743 | 19.2% | 0.15 | 0.51 | 0 | 0 | 0 | 0 | 0 | 0 | 0.51 | 1 | 2 | 7 |
| Total Grain Intake | 743 | 743 | 100% | 2 | 1 | 0.17 | 0.65 | 0.85 | 1 | 2 | 3 | 4 | 5 | 7 | 12 |
| Total Vegetable Intake | 743 | 743 | 100% | 5 | 3 | 0.61 | 1 | 2 | 3 | 4 | 6 | 8 | 10 | 15 | 32 |
| Total Fruit Intake | 671 | 743 | 90.3% | 3 | 4 | 0 | 0 | 0.000030 | 0.049 | 1 | 4 | 7 | 10 | 16 | 29 |
| Total Fat Intake | 743 | 743 | 100% | 1 | 1 | 0.21 | 0.33 | 0.47 | 1 | 1 | 1 | 2 | 2 | 3 | 5 |

^a Number of consumers. The number of consumers of total food may be less than the number of individuals in the study sample for the youngest age groups, because human milk was not included in the total food intake estimates presented here.

^b Sample size.

PC = Percent consuming.

SE = Standard error.

- = Data not reported where the number of consumers was less than 20.

Source: Based on U.S. EPA analysis of 1994-96, 1998 CSFII.



Table 14-6. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Food Intake

| Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | | Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | |
|---|-------------------|---------|---------------------|---------|--------------------|---------|--|-------------------|---------|---------------------|---------|--------------------|---------|
| | Intake | Percent | Intake | Percent | Intake | Percent | | Intake | Percent | Intake | Percent | Intake | Percent |
| Age Birth to <1month (g/day, as consumed) | | | | | | | Age Birth to <1month (g/kg-day, as consumed) | | | | | | |
| Total Foods | 0 | 0.0% | 64 | 100.0% | 196 | 100.0% | Total Foods | 0 | 0.0% | 20 | 100.0% | 58 | 100.0% |
| Total Dairy | 0 | 0.0% | 39 | 61.2% | 109 | 55.4% | Total Dairy | 0 | 0.0% | 14 | 70.5% | 35 | 60.1% |
| Total Meats | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% | Total Meats | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% |
| Total Fish | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% | Total Fish | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% |
| Total Eggs | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% | Total Eggs | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% |
| Total Grains | 0 | 0.0% | 0 | 0.0% | 4 | 2.1% | Total Grains | 0 | 0.0% | 0 | 0.0% | 1 | 2.1% |
| Total Vegetables | 0 | 0.0% | 5 | 7.4% | 24 | 12.1% | Total Vegetables | 0 | 0.0% | 0.012 | 0.1% | 6 | 10.0% |
| Total Fruits | 0 | 0.0% | 0 | 0.0% | 8 | 4.1% | Total Fruits | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% |
| Total Fats ^a | 0 | 0.0% | 19 | 29.4% | 52 | 26.2% | Total Fats ^a | 0 | 0.0% | 6 | 29.4% | 16 | 27.8% |
| Age 1 to <3 months (g/day, as consumed) | | | | | | | Age 1 to <3 months (g/kg-day, as consumed) | | | | | | |
| Total Foods | 0 | 0.0% | 94 | 100.0% | 206 | 100.0% | Total Foods | 0 | 0.0% | 18 | 100.0% | 44 | 100.0% |
| Total Dairy | 0 | 0.0% | 53 | 56.9% | 63 | 30.8% | Total Dairy | 0 | 0.0% | 9 | 51.9% | 20 | 45.4% |
| Total Meats | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% | Total Meats | 0 | 0.0% | 0 | 0.0% | 0.012 | 0.0% |
| Total Fish | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% | Total Fish | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% |
| Total Eggs | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% | Total Eggs | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% |
| Total Grains | 0 | 0.0% | 1 | 1.1% | 3 | 1.3% | Total Grains | 0 | 0.0% | 0.19 | 1.1% | 0.23 | 0.5% |
| Total Vegetables | 0 | 0.0% | 11 | 12.0% | 58 | 28.4% | Total Vegetables | 0 | 0.0% | 3 | 18.9% | 7 | 16.4% |
| Total Fruits | 0 | 0.0% | 0.033 | 0.0% | 27 | 13.0% | Total Fruits | 0 | 0.0% | 0 | 0.0% | 5 | 12.3% |
| Total Fats ^a | 0 | 0.0% | 27 | 28.4% | 49 | 23.6% | Total Fats ^a | 0 | 0.0% | 5 | 27.7% | 11 | 24.4% |
| Age 3 to <6 months (g/day, as consumed) | | | | | | | Age 3 to <6 months (g/kg-day, as consumed) | | | | | | |
| Total Foods | 1 | 100.0% | 166 | 100.0% | 507 | 100.0% | Total Foods | 0.26 | 100.0% | 24 | 100.0% | 73 | 100.0% |
| Total Dairy | 0.038 | 3.0% | 69 | 41.9% | 90 | 17.8% | Total Dairy | 0 | 0.5% | 9 | 37.3% | 13 | 17.9% |
| Total Meats | 0 | 0.0% | 0.38 | 0.2% | 4 | 0.8% | Total Meats | 0 | 0.0% | 0.11 | 0.5% | 0.62 | 0.8% |
| Total Fish | 0 | 0.0% | 0 | 0.0% | 0.42 | 0.1% | Total Fish | 0 | 0.0% | 0 | 0.0% | 0.056 | 0.1% |
| Total Eggs | 0 | 0.0% | 0.50 | 0.3% | 0.60 | 0.1% | Total Eggs | 0 | 0.0% | 0 | 0.0% | 0.031 | 0.0% |
| Total Grains | 0.93 | 74.5% | 8 | 4.9% | 14 | 2.8% | Total Grains | 0.22 | 85.0% | 0.95 | 4.0% | 2 | 3.4% |
| Total Vegetables | 0.14 | 10.9% | 27 | 16.3% | 73 | 14.4% | Total Vegetables | 0.019 | 7.4% | 5 | 20.8% | 11 | 14.5% |
| Total Fruits | 0.12 | 9.9% | 24 | 14.6% | 284 | 56.0% | Total Fruits | 0.017 | 6.7% | 4 | 15.0% | 40 | 55.0% |
| Total Fats ^a | 0.017 | 1.3% | 34 | 20.4% | 36 | 7.2% | Total Fats ^a | 0.00059 | 0.2% | 5 | 21.3% | 5 | 7.5% |



Table 14-6. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Food Intake (continued)

| Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | | Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | |
|--|-------------------|---------|---------------------|---------|--------------------|---------|---|-------------------|---------|---------------------|---------|--------------------|---------|
| | Intake | Percent | Intake | Percent | Intake | Percent | | Intake | Percent | Intake | Percent | Intake | Percent |
| Age 6 to <12 months (g/day, as consumed) | | | | | | | Age 6 to <12 months (g/kg-day, as consumed) | | | | | | |
| Total Foods | 124 | 100.0% | 414 | 100.0% | 1,358 | 100.0% | Total Foods | 15 | 100.0% | 47 | 100.0% | 144 | 100.0% |
| Total Dairy | 33 | 26.4% | 72 | 17.5% | 770 | 56.7% | Total Dairy | 4 | 25.4% | 6 | 13.8% | 77 | 53.1% |
| Total Meats | 3 | 2.4% | 19 | 4.6% | 47 | 3.5% | Total Meats | 0.34 | 2.3% | 2 | 4.9% | 5 | 3.4% |
| Total Fish | 0.25 | 0.2% | 1 | 0.3% | 0.28 | 0.0% | Total Fish | 0.033 | 0.2% | 0.090 | 0.2% | 0.029 | 0.0% |
| Total Eggs | 0.62 | 0.5% | 7 | 1.6% | 8 | 0.6% | Total Eggs | 0.13 | 0.9% | 0.69 | 1.5% | 1 | 0.8% |
| Total Grains | 11 | 9.1% | 37 | 8.9% | 50 | 3.7% | Total Grains | 2 | 10.7% | 4 | 9.1% | 5 | 3.6% |
| Total Vegetables | 30 | 24.2% | 90 | 21.9% | 121 | 8.9% | Total Vegetables | 3 | 21.9% | 10 | 22.4% | 14 | 9.8% |
| Total Fruits | 30 | 24.4% | 151 | 36.5% | 314 | 23.1% | Total Fruits | 4 | 25.9% | 19 | 40.0% | 37 | 25.8% |
| Total Fats ^a | 14 | 11.6% | 35 | 8.4% | 44 | 3.2% | Total Fats ^a | 2 | 11.4% | 4 | 7.5% | 5 | 3.2% |
| Age 1 to <2 years (g/day, as consumed) | | | | | | | Age 1 to <2 years (g/kg-day, as consumed) | | | | | | |
| Total Foods | 407 | 100.0% | 998 | 100.0% | 1,859 | 100.0% | Total Foods | 35 | 100.0% | 85 | 100.0% | 167 | 100.0% |
| Total Dairy | 113 | 27.8% | 487 | 48.8% | 1,008 | 54.2% | Total Dairy | 10 | 29.5% | 41 | 48.1% | 94 | 56.1% |
| Total Meats | 28 | 6.9% | 46 | 4.6% | 66 | 3.5% | Total Meats | 3 | 7.5% | 4 | 4.7% | 5 | 3.2% |
| Total Fish | 1 | 0.3% | 3 | 0.3% | 4 | 0.2% | Total Fish | 0.14 | 0.4% | 0.46 | 0.5% | 0.25 | 0.2% |
| Total Eggs | 9 | 2.2% | 16 | 1.6% | 22 | 1.2% | Total Eggs | 0.74 | 2.1% | 1 | 1.4% | 2 | 0.9% |
| Total Grains | 44 | 10.8% | 63 | 6.3% | 81 | 4.3% | Total Grains | 4 | 10.9% | 5 | 6.0% | 7 | 4.3% |
| Total Vegetables | 82 | 20.1% | 101 | 10.2% | 165 | 8.9% | Total Vegetables | 7 | 18.6% | 10 | 11.9% | 13 | 7.8% |
| Total Fruits | 100 | 24.6% | 238 | 23.8% | 446 | 24.0% | Total Fruits | 8 | 23.0% | 19 | 22.8% | 40 | 24.0% |
| Total Fats ^a | 24 | 5.8% | 38 | 3.8% | 61 | 3.3% | Total Fats ^a | 2 | 6.4% | 3 | 3.8% | 5 | 3.2% |
| Age 2 to <3 years (g/day, as consumed) | | | | | | | Age 2 to <3 years (g/kg-day, as consumed) | | | | | | |
| Total Foods | 448 | 100.0% | 989 | 100.0% | 1,760 | 100.0% | Total Foods | 32 | 100.0% | 72 | 100.0% | 129 | 100.0% |
| Total Dairy | 118 | 26.3% | 370 | 37.4% | 698 | 39.7% | Total Dairy | 8 | 24.8% | 26 | 36.3% | 54 | 42.2% |
| Total Meats | 50 | 11.1% | 60 | 6.1% | 72 | 4.1% | Total Meats | 4 | 11.2% | 4 | 5.3% | 5 | 3.8% |
| Total Fish | 1 | 0.3% | 4 | 0.4% | 7 | 0.4% | Total Fish | 0.11 | 0.4% | 0.18 | 0.2% | 0.36 | 0.3% |
| Total Eggs | 12 | 2.7% | 14 | 1.4% | 24 | 1.4% | Total Eggs | 1 | 3.6% | 1 | 1.7% | 2 | 1.3% |
| Total Grains | 62 | 13.7% | 86 | 8.7% | 98 | 5.6% | Total Grains | 4 | 13.8% | 6 | 8.0% | 7 | 5.6% |
| Total Vegetables | 98 | 21.9% | 145 | 14.6% | 185 | 10.5% | Total Vegetables | 7 | 22.0% | 10 | 13.3% | 13 | 10.0% |
| Total Fruits | 70 | 15.6% | 255 | 25.8% | 609 | 34.6% | Total Fruits | 5 | 16.2% | 21 | 29.8% | 42 | 32.9% |
| Total Fats ^a | 31 | 6.8% | 44 | 4.4% | 56 | 3.2% | Total Fats ^a | 2 | 7.1% | 3 | 3.9% | 4 | 3.2% |



Table 14-6. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Food Intake (continued)

| Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | | Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | |
|--|-------------------|---------|---------------------|---------|--------------------|---------|---|-------------------|---------|---------------------|---------|--------------------|---------|
| | Intake | Percent | Intake | Percent | Intake | Percent | | Intake | Percent | Intake | Percent | Intake | Percent |
| Age 3 to <6 years (g/day, as consumed) | | | | | | | Age 3 to <6 years (g/kg-day, as consumed) | | | | | | |
| Total Foods | 527 | 100.0% | 1,020 | 100.0% | 1,817 | 100.0% | Total Foods | 28 | 100.0% | 57 | 100.0% | 108 | 100.0% |
| Total Dairy | 144 | 27.3% | 378 | 37.0% | 728 | 40.1% | Total Dairy | 8 | 27.3% | 21 | 36.6% | 43 | 40.3% |
| Total Meats | 53 | 10.0% | 72 | 7.0% | 94 | 5.2% | Total Meats | 3 | 10.4% | 4 | 7.1% | 5 | 4.8% |
| Total Fish | 3 | 0.6% | 5 | 0.5% | 9 | 0.5% | Total Fish | 0.14 | 0.5% | 0.27 | 0.5% | 0.43 | 0.4% |
| Total Eggs | 11 | 2.0% | 15 | 1.5% | 24 | 1.3% | Total Eggs | 0.59 | 2.1% | 0.92 | 1.6% | 1 | 1.1% |
| Total Grains | 76 | 14.4% | 103 | 10.1% | 132 | 7.3% | Total Grains | 4 | 14.0% | 6 | 9.9% | 8 | 7.1% |
| Total Vegetables | 117 | 22.3% | 163 | 16.0% | 233 | 12.8% | Total Vegetables | 6 | 22.0% | 9 | 16.0% | 14 | 12.5% |
| Total Fruits | 76 | 14.4% | 216 | 21.2% | 509 | 28.0% | Total Fruits | 4 | 15.2% | 13 | 22.1% | 31 | 29.0% |
| Total Fats ^a | 34 | 6.5% | 50 | 4.9% | 68 | 3.7% | Total Fats ^a | 2 | 6.4% | 3 | 4.8% | 4 | 3.7% |
| Age 6 to <11 years (g/day, as consumed) | | | | | | | Age 6 to <11 years (g/kg-day, as consumed) | | | | | | |
| Total Foods | 565 | 100.0% | 1,060 | 100.0% | 1,886 | 100.0% | Total Foods | 16 | 100.0% | 38 | 100.0% | 73 | 100.0% |
| Total Dairy | 147 | 26.1% | 370 | 34.9% | 766 | 40.6% | Total Dairy | 4 | 26.2% | 15 | 38.6% | 30 | 40.8% |
| Total Meats | 65 | 11.4% | 95 | 9.0% | 104 | 5.5% | Total Meats | 2 | 11.9% | 3 | 8.1% | 4 | 5.9% |
| Total Fish | 2 | 0.3% | 6 | 0.6% | 10 | 0.5% | Total Fish | 0.075 | 0.5% | 0.20 | 0.5% | 0.28 | 0.4% |
| Total Eggs | 10 | 1.7% | 16 | 1.5% | 22 | 1.2% | Total Eggs | 0.28 | 1.8% | 0.62 | 1.6% | 0.95 | 1.3% |
| Total Grains | 89 | 15.8% | 116 | 10.9% | 157 | 8.3% | Total Grains | 2 | 14.7% | 4 | 10.8% | 7 | 9.0% |
| Total Vegetables | 136 | 24.1% | 203 | 19.2% | 294 | 15.6% | Total Vegetables | 4 | 24.7% | 7 | 18.0% | 11 | 15.5% |
| Total Fruits | 66 | 11.6% | 178 | 16.8% | 426 | 22.6% | Total Fruits | 2 | 11.2% | 6 | 14.9% | 15 | 21.2% |
| Total Fats ^a | 39 | 6.8% | 58 | 5.5% | 76 | 4.0% | Total Fats ^a | 1 | 7.3% | 2 | 5.3% | 3 | 4.3% |
| Age 11 to <16 years (g/day, as consumed) | | | | | | | Age 11 to <16 years (g/kg-day, as consumed) | | | | | | |
| Total Foods | 513 | 100.0% | 1,127 | 100.0% | 2,256 | 100.0% | Total Foods | 8 | 100.0% | 22 | 100.0% | 46 | 100.0% |
| Total Dairy | 92 | 17.9% | 308 | 27.3% | 808 | 35.8% | Total Dairy | 1 | 17.3% | 6 | 26.9% | 18 | 38.4% |
| Total Meats | 71 | 13.9% | 116 | 10.3% | 172 | 7.6% | Total Meats | 1 | 14.7% | 2 | 10.3% | 3 | 7.0% |
| Total Fish | 4 | 0.8% | 7 | 0.6% | 16 | 0.7% | Total Fish | 0.072 | 0.9% | 0.19 | 0.8% | 0.38 | 0.8% |
| Total Eggs | 10 | 1.9% | 20 | 1.8% | 28 | 1.2% | Total Eggs | 0.15 | 1.8% | 0.49 | 2.2% | 0.61 | 1.3% |
| Total Grains | 84 | 16.3% | 133 | 11.8% | 207 | 9.2% | Total Grains | 1 | 16.6% | 3 | 11.7% | 4 | 9.3% |
| Total Vegetables | 162 | 31.6% | 258 | 22.9% | 459 | 20.3% | Total Vegetables | 3 | 31.7% | 5 | 23.4% | 9 | 18.4% |
| Total Fruits | 42 | 8.2% | 203 | 18.0% | 420 | 18.6% | Total Fruits | 0.60 | 7.2% | 4 | 17.4% | 8 | 18.2% |
| Total Fats ^a | 40 | 7.8% | 64 | 5.7% | 114 | 5.0% | Total Fats ^a | 0.70 | 8.3% | 1 | 5.9% | 2 | 4.8% |



Table 14-6. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Food Intake (continued)

| Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | | Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | |
|--|-------------------|---------|---------------------|---------|--------------------|---------|---|-------------------|---------|---------------------|---------|--------------------|---------|
| | Intake | Percent | Intake | Percent | Intake | Percent | | Intake | Percent | Intake | Percent | Intake | Percent |
| Age 16 to <21 years (g/day, as consumed) | | | | | | | Age 16 to <21 years (g/kg-day, as consumed) | | | | | | |
| Total Foods | 438 | 100.0% | 1,060 | 100.0% | 2,590 | 100.0% | Total Foods | 6 | 100.0% | 16 | 100.0% | 38 | 100.0% |
| Total Dairy | 56 | 12.8% | 219 | 20.7% | 759 | 29.3% | Total Dairy | 0.76 | 12.2% | 4 | 23.8% | 10 | 27.4% |
| Total Meats | 61 | 14.0% | 141 | 13.3% | 272 | 10.5% | Total Meats | 0.97 | 15.6% | 2 | 11.5% | 4 | 10.0% |
| Total Fish | 7 | 1.5% | 11 | 1.1% | 14 | 0.5% | Total Fish | 0.10 | 1.7% | 0.15 | 1.0% | 0.19 | 0.5% |
| Total Eggs | 8 | 1.9% | 17 | 1.6% | 29 | 1.1% | Total Eggs | 0.11 | 1.8% | 0.24 | 1.6% | 0.41 | 1.1% |
| Total Grains | 67 | 15.2% | 138 | 13.0% | 241 | 9.3% | Total Grains | 0.92 | 14.8% | 2 | 13.1% | 4 | 9.9% |
| Total Vegetables | 148 | 33.8% | 312 | 29.4% | 620 | 23.9% | Total Vegetables | 2 | 34.0% | 5 | 30.0% | 10 | 25.3% |
| Total Fruits | 48 | 11.0% | 138 | 13.1% | 487 | 18.8% | Total Fruits | 0.64 | 10.2% | 2 | 10.9% | 8 | 19.7% |
| Total Fats ^a | 33 | 7.6% | 72 | 6.8% | 136 | 5.3% | Total Fats ^a | 0.50 | 8.1% | 1 | 7.1% | 2 | 5.0% |
| ^a Includes added fats such as butter, margarine, dressings and sauces, vegetable oil, etc.; does not include fats eaten as components of other foods such as meats. | | | | | | | | | | | | | |
| Source: Based on U.S. EPA analysis of 1994-96, 1998 CSFII. | | | | | | | | | | | | | |



Table 14-7. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Meat Intake

| Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | | Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | |
|--|-------------------|---------|---------------------|---------|--------------------|---------|---|-------------------|---------|---------------------|---------|--------------------|---------|
| | Intake | Percent | Intake | Percent | Intake | Percent | | Intake | Percent | Intake | Percent | Intake | Percent |
| Age Birth to <1month (g/day, as consumed) ^b | | | | | | | Age Birth to <1month (g/kg-day, as consumed) ^b | | | | | | |
| Total Foods | 67 | 100.0% | - | - | - | - | Total Foods | 20 | 100.0% | - | - | - | - |
| Total Dairy | 41 | 61.5% | - | - | - | - | Total Dairy | 12 | 61.6% | - | - | - | - |
| Total Meats | 0 | 0.0% | - | - | - | - | Total Meats | 0 | 0.0% | - | - | - | - |
| Total Fish | 0 | 0.0% | - | - | - | - | Total Fish | 0 | 0.0% | - | - | - | - |
| Total Eggs | 0 | 0.0% | - | - | - | - | Total Eggs | 0 | 0.0% | - | - | - | - |
| Total Grains | 0.44 | 0.7% | - | - | - | - | Total Grains | 0.14 | 0.7% | - | - | - | - |
| Total Vegetables | 5 | 7.7% | - | - | - | - | Total Vegetables | 2 | 7.7% | - | - | - | - |
| Total Fruits | 0.88 | 1.3% | - | - | - | - | Total Fruits | 0.21 | 1.1% | - | - | - | - |
| Total Fats ^a | 19 | 28.3% | - | - | - | - | Total Fats ^a | 6 | 28.4% | - | - | - | - |
| Age 1 to <3 months (g/day, as consumed) ^c | | | | | | | Age 1 to <3 months (g/kg-day, as consumed) ^c | | | | | | |
| Total Foods | 79 | 100.0% | - | - | 149 | 100.0% | Total Foods | 16 | 100.0% | - | - | 47 | 100.0% |
| Total Dairy | 37 | 46.4% | - | - | 103 | 68.9% | Total Dairy | 8 | 47.9% | - | - | 32 | 68.9% |
| Total Meats | 0 | 0.0% | - | - | 1 | 0.7% | Total Meats | 0 | 0.0% | - | - | 0.33 | 0.7% |
| Total Fish | 0 | 0.0% | - | - | 0 | 0.0% | Total Fish | 0 | 0.0% | - | - | 0 | 0.0% |
| Total Eggs | 0 | 0.0% | - | - | 0 | 0.0% | Total Eggs | 0 | 0.0% | - | - | 0 | 0.0% |
| Total Grains | 1 | 1.5% | - | - | 0.18 | 0.1% | Total Grains | 0.23 | 1.4% | - | - | 0.06 | 0.1% |
| Total Vegetables | 15 | 18.6% | - | - | 3 | 2.1% | Total Vegetables | 3 | 16.8% | - | - | 0.97 | 2.1% |
| Total Fruits | 4 | 5.2% | - | - | 0 | 0.0% | Total Fruits | 0.91 | 5.6% | - | - | 0 | 0.0% |
| Total Fats ^a | 21 | 26.4% | - | - | 42 | 28.2% | Total Fats ^a | 4 | 26.5% | - | - | 13 | 28.2% |
| Age 3 to <6 months (g/day, as consumed) ^d | | | | | | | Age 3 to <6 months (g/kg-day, as consumed) ^d | | | | | | |
| Total Foods | 181 | 100.0% | - | - | 316 | 100.0% | Total Foods | 26 | 100.0% | - | - | 41 | 100.0% |
| Total Dairy | 55 | 30.1% | - | - | 62 | 19.7% | Total Dairy | 8 | 30.6% | - | - | 8 | 20.5% |
| Total Meats | 0 | 0.0% | - | - | 16 | 4.9% | Total Meats | 0 | 0.0% | - | - | 2 | 4.9% |
| Total Fish | 0 | 0.0% | - | - | 0.44 | 0.1% | Total Fish | 0 | 0.0% | - | - | 0.055 | 0.1% |
| Total Eggs | 0.092 | 0.1% | - | - | 1 | 0.5% | Total Eggs | 0.012 | 0.0% | - | - | 0.13 | 0.3% |
| Total Grains | 7 | 3.7% | - | - | 16 | 5.0% | Total Grains | 0.97 | 3.7% | - | - | 2 | 4.8% |
| Total Vegetables | 31 | 17.0% | - | - | 56 | 17.9% | Total Vegetables | 4 | 16.9% | - | - | 7 | 17.6% |
| Total Fruits | 59 | 32.9% | - | - | 133 | 42.3% | Total Fruits | 8 | 32.2% | - | - | 17 | 41.7% |
| Total Fats ^a | 28 | 15.3% | - | - | 28 | 8.9% | Total Fats ^a | 4 | 15.6% | - | - | 4 | 9.2% |



Table 14-7. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Meat Intake (continued)

| Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | | Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | |
|--|-------------------|---------|---------------------|---------|--------------------|---------|---|-------------------|---------|---------------------|---------|--------------------|---------|
| | Intake | Percent | Intake | Percent | Intake | Percent | | Intake | Percent | Intake | Percent | Intake | Percent |
| Age 6 to <12 months (g/day, as consumed) | | | | | | | Age 6 to <12 months (g/kg-day, as consumed) | | | | | | |
| Total Foods | 347 | 100.0% | 466 | 100.0% | 922 | 100.0% | Total Foods | 40 | 100.0% | 48 | 100.0% | 99 | 100.0% |
| Total Dairy | 80 | 23.0% | 108 | 23.2% | 384 | 41.6% | Total Dairy | 9 | 22.6% | 11 | 23.9% | 41 | 41.1% |
| Total Meats | 0 | 0.0% | 14 | 2.9% | 85 | 9.3% | Total Meats | 0 | 0.0% | 1 | 3.0% | 9 | 9.3% |
| Total Fish | 0.13 | 0.0% | 0.34 | 0.1% | 0.19 | 0.0% | Total Fish | 0.016 | 0.0% | 0.053 | 0.1% | 0 | 0.0% |
| Total Eggs | 2 | 0.5% | 3 | 0.6% | 11 | 1.2% | Total Eggs | 0.19 | 0.5% | 0.45 | 1.0% | 0.91 | 0.9% |
| Total Grains | 24 | 6.8% | 29 | 6.2% | 51 | 5.6% | Total Grains | 3 | 6.6% | 3 | 6.0% | 6 | 5.8% |
| Total Vegetables | 69 | 19.8% | 116 | 24.8% | 135 | 14.7% | Total Vegetables | 8 | 19.7% | 10 | 21.9% | 15 | 15.4% |
| Total Fruits | 143 | 41.3% | 162 | 34.8% | 216 | 23.4% | Total Fruits | 17 | 41.9% | 17 | 36.5% | 23 | 23.1% |
| Total Fats ^a | 27 | 7.7% | 31 | 6.7% | 43 | 4.6% | Total Fats ^a | 3 | 7.8% | 3 | 7.1% | 5 | 4.6% |
| Age 1 to <2 years (g/day, as consumed) | | | | | | | Age 1 to <2 years (g/kg-day, as consumed) | | | | | | |
| Total Foods | 921 | 100.0% | 992 | 100.0% | 1,229 | 100.0% | Total Foods | 82 | 100.0% | 90 | 100.0% | 108 | 100.0% |
| Total Dairy | 464 | 50.4% | 483 | 48.7% | 460 | 37.4% | Total Dairy | 41 | 49.9% | 46 | 50.5% | 43 | 40.1% |
| Total Meats | 2 | 0.2% | 39 | 4.0% | 128 | 10.4% | Total Meats | 0.15 | 0.2% | 3 | 3.8% | 11 | 10.0% |
| Total Fish | 3 | 0.3% | 2 | 0.2% | 6 | 0.5% | Total Fish | 0.24 | 0.3% | 0.25 | 0.3% | 0.49 | 0.5% |
| Total Eggs | 8 | 0.9% | 14 | 1.5% | 24 | 1.9% | Total Eggs | 0.65 | 0.8% | 1 | 1.4% | 2 | 1.9% |
| Total Grains | 56 | 6.1% | 64 | 6.5% | 78 | 6.4% | Total Grains | 5 | 6.1% | 6 | 6.1% | 7 | 6.9% |
| Total Vegetables | 97 | 10.5% | 113 | 11.3% | 189 | 15.4% | Total Vegetables | 9 | 11.1% | 10 | 10.8% | 16 | 15.1% |
| Total Fruits | 250 | 27.2% | 228 | 23.0% | 290 | 23.6% | Total Fruits | 22 | 27.3% | 21 | 22.7% | 22 | 20.8% |
| Total Fats ^a | 30 | 3.3% | 38 | 3.8% | 57 | 4.6% | Total Fats ^a | 3 | 3.3% | 3 | 3.8% | 5 | 4.7% |
| Age 2 to <3 years (g/day, as consumed) | | | | | | | Age 2 to <3 years (g/kg-day, as consumed) | | | | | | |
| Total Foods | 950 | 100.0% | 947 | 100.0% | 1,131 | 100.0% | Total Foods | 71 | 100.0% | 68 | 100.0% | 83 | 100.0% |
| Total Dairy | 426 | 44.9% | 373 | 39.3% | 374 | 33.0% | Total Dairy | 31 | 44.2% | 26 | 37.7% | 27 | 32.3% |
| Total Meats | 7 | 0.7% | 52 | 5.4% | 148 | 13.1% | Total Meats | 0.51 | 0.7% | 4 | 5.5% | 10 | 12.4% |
| Total Fish | 4 | 0.5% | 4 | 0.5% | 2 | 0.2% | Total Fish | 0.34 | 0.5% | 0.18 | 0.3% | 0.20 | 0.2% |
| Total Eggs | 12 | 1.3% | 18 | 1.9% | 21 | 1.9% | Total Eggs | 0.94 | 1.3% | 0.92 | 1.3% | 2 | 1.8% |
| Total Grains | 73 | 7.7% | 76 | 8.1% | 90 | 8.0% | Total Grains | 6 | 7.8% | 6 | 8.3% | 7 | 8.1% |
| Total Vegetables | 104 | 10.9% | 146 | 15.4% | 202 | 17.9% | Total Vegetables | 8 | 11.1% | 10 | 15.1% | 14 | 16.8% |
| Total Fruits | 279 | 29.4% | 226 | 23.8% | 232 | 20.5% | Total Fruits | 21 | 29.6% | 18 | 26.7% | 19 | 23.1% |
| Total Fats ^a | 29 | 3.0% | 40 | 4.2% | 62 | 5.5% | Total Fats ^a | 2 | 3.1% | 3 | 4.0% | 4 | 5.2% |



| Table 14-7. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Meat Intake (continued) | | | | | | | | | | | | | |
|--|-------------------|---------|---------------------|---------|--------------------|---------|---|-------------------|---------|---------------------|---------|--------------------|---------|
| Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | | Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | |
| | Intake | Percent | Intake | Percent | Intake | Percent | | Intake | Percent | Intake | Percent | Intake | Percent |
| Age 3 to <6 years (g/day, as consumed) | | | | | | | Age 3 to <6 years (g/kg-day, as consumed) | | | | | | |
| Total Foods | 991 | 100.0% | 1,037 | 100.0% | 1,246 | 100.0% | Total Foods | 57 | 100.0% | 59 | 100.0% | 74 | 100.0% |
| Total Dairy | 419 | 42.3% | 376 | 36.3% | 389 | 31.2% | Total Dairy | 24 | 42.1% | 23 | 38.2% | 23 | 31.3% |
| Total Meats | 10 | 1.0% | 65 | 6.3% | 176 | 14.1% | Total Meats | 0.56 | 1.0% | 4 | 6.0% | 10 | 13.4% |
| Total Fish | 7 | 0.7% | 6 | 0.5% | 4 | 0.3% | Total Fish | 0.35 | 0.6% | 0.29 | 0.5% | 0.21 | 0.3% |
| Total Eggs | 10 | 1.0% | 16 | 1.5% | 24 | 1.9% | Total Eggs | 0.56 | 1.0% | 0.81 | 1.4% | 1 | 2.0% |
| Total Grains | 98 | 9.9% | 101 | 9.8% | 117 | 9.4% | Total Grains | 6 | 9.9% | 6 | 9.5% | 7 | 9.4% |
| Total Vegetables | 128 | 13.0% | 170 | 16.4% | 217 | 17.4% | Total Vegetables | 7 | 13.0% | 9 | 15.8% | 13 | 17.5% |
| Total Fruits | 257 | 25.9% | 238 | 22.9% | 243 | 19.5% | Total Fruits | 15 | 26.1% | 13 | 22.0% | 15 | 20.1% |
| Total Fats ^a | 35 | 3.6% | 48 | 4.7% | 73 | 5.9% | Total Fats ^a | 2 | 3.6% | 3 | 4.8% | 4 | 5.7% |
| Age 6 to <11 years (g/day, as consumed) | | | | | | | Age 6 to <11 years (g/kg-day, as consumed) | | | | | | |
| Total Foods | 1028 | 100.0% | 1,087 | 100.0% | 1,300 | 100.0% | Total Foods | 36 | 100.0% | 39 | 100.0% | 51 | 100.0% |
| Total Dairy | 424 | 41.3% | 386 | 35.5% | 382 | 29.4% | Total Dairy | 15 | 41.5% | 15 | 38.7% | 15 | 29.7% |
| Total Meats | 11 | 1.1% | 79 | 7.3% | 206 | 15.8% | Total Meats | 0.38 | 1.0% | 3 | 7.0% | 8 | 14.8% |
| Total Fish | 6 | 0.6% | 5 | 0.5% | 4 | 0.3% | Total Fish | 0.31 | 0.9% | 0.32 | 0.8% | 0.15 | 0.3% |
| Total Eggs | 13 | 1.3% | 15 | 1.4% | 17 | 1.3% | Total Eggs | 0.44 | 1.2% | 0.42 | 1.1% | 0.75 | 1.5% |
| Total Grains | 121 | 11.8% | 117 | 10.7% | 136 | 10.4% | Total Grains | 4 | 11.5% | 4 | 10.7% | 5 | 10.4% |
| Total Vegetables | 164 | 16.0% | 212 | 19.5% | 270 | 20.7% | Total Vegetables | 5 | 15.1% | 7 | 19.1% | 10 | 20.2% |
| Total Fruits | 214 | 20.8% | 191 | 17.6% | 198 | 15.2% | Total Fruits | 8 | 21.7% | 6 | 15.6% | 8 | 16.5% |
| Total Fats ^a | 40 | 3.9% | 59 | 5.4% | 81 | 6.2% | Total Fats ^a | 1 | 3.8% | 2 | 5.1% | 3 | 6.0% |
| Age 11 to <16 years (g/day, as consumed) | | | | | | | Age 11 to <16 years (g/kg-day, as consumed) | | | | | | |
| Total Foods | 1043 | 100.0% | 1,194 | 100.0% | 1,606 | 100.0% | Total Foods | 19 | 100.0% | 22 | 100.0% | 33 | 100.0% |
| Total Dairy | 342 | 32.8% | 377 | 31.6% | 435 | 27.1% | Total Dairy | 6 | 31.5% | 6 | 27.0% | 10 | 29.7% |
| Total Meats | 17 | 1.6% | 101 | 8.5% | 268 | 16.7% | Total Meats | 0.31 | 1.6% | 2 | 8.8% | 5 | 16.3% |
| Total Fish | 13 | 1.3% | 7 | 0.6% | 7 | 0.4% | Total Fish | 0.28 | 1.5% | 0.12 | 0.5% | 0.16 | 0.5% |
| Total Eggs | 17 | 1.6% | 13 | 1.1% | 21 | 1.3% | Total Eggs | 0.28 | 1.5% | 0.29 | 1.3% | 0.45 | 1.4% |
| Total Grains | 116 | 11.1% | 144 | 12.1% | 159 | 9.9% | Total Grains | 2 | 11.6% | 3 | 11.7% | 3 | 10.0% |
| Total Vegetables | 227 | 21.7% | 260 | 21.8% | 404 | 25.2% | Total Vegetables | 4 | 22.2% | 5 | 24.1% | 8 | 23.3% |
| Total Fruits | 238 | 22.8% | 202 | 16.9% | 204 | 12.7% | Total Fruits | 4 | 23.1% | 4 | 18.9% | 4 | 11.7% |
| Total Fats ^a | 44 | 4.2% | 67 | 5.6% | 106 | 6.6% | Total Fats ^a | 0.83 | 4.4% | 1 | 5.7% | 2 | 6.7% |



Table 14-7. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Meat Intake (continued)

| Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | | Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | |
|---|-------------------|---------|---------------------|---------|--------------------|---------|---|-------------------|---------|---------------------|---------|--------------------|---------|
| | Intake | Percent | Intake | Percent | Intake | Percent | | Intake | Percent | Intake | Percent | Intake | Percent |
| Age 16 to <21 years (g/day, as consumed) | | | | | | | Age 16 to <21 years (g/kg-day, as consumed) | | | | | | |
| Total Foods | 922 | 100.0% | 1,084 | 100.0% | 1,957 | 100.0% | Total Foods | 15 | 100.0% | 18 | 100.0% | 28 | 100.0% |
| Total Dairy | 307 | 33.3% | 280 | 25.8% | 403 | 20.6% | Total Dairy | 4 | 30.3% | 4 | 24.0% | 5 | 18.1% |
| Total Meats | 12 | 1.3% | 115 | 10.6% | 385 | 19.7% | Total Meats | 0.19 | 1.3% | 2 | 9.6% | 5 | 19.8% |
| Total Fish | 20 | 2.1% | 9 | 0.9% | 12 | 0.6% | Total Fish | 0.32 | 2.2% | 0.18 | 1.0% | 0.12 | 0.4% |
| Total Eggs | 14 | 1.5% | 15 | 1.4% | 31 | 1.6% | Total Eggs | 0.21 | 1.4% | 0.35 | 1.9% | 0.46 | 1.6% |
| Total Grains | 131 | 14.2% | 147 | 13.6% | 231 | 11.8% | Total Grains | 2 | 14.5% | 2 | 12.8% | 3 | 12.3% |
| Total Vegetables | 215 | 23.3% | 287 | 26.5% | 532 | 27.2% | Total Vegetables | 4 | 24.6% | 5 | 27.5% | 8 | 28.9% |
| Total Fruits | 151 | 16.4% | 147 | 13.5% | 226 | 11.6% | Total Fruits | 3 | 17.8% | 3 | 15.7% | 3 | 12.4% |
| Total Fats ^a | 42 | 4.5% | 73 | 6.7% | 139 | 7.1% | Total Fats ^a | 0.67 | 4.6% | 1 | 6.2% | 2 | 6.5% |
| ^a Includes added fats such as butter, margarine, dressings and sauces, vegetable oil, etc.; does not include fats eaten as components of other foods such as meats. ^b All individuals in this sample group consumed 0 grams/day of meat. Therefore, results are reported in the low-end decile. ^c Only one individual in this sample group consumed more than 0 grams/day of meat. This result is reported in the high-end decile. All other samples are reported in the low-end decile. ^d All individuals in this sample group below the 89 th percentile consumed 0 grams/day of meat. Therefore, only high-end and low-end consumer groups are reported. | | | | | | | | | | | | | |
| Source: Based on U.S. EPA analysis of 1994-96, 1998 CSFII. | | | | | | | | | | | | | |



Table 14-8. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Meat and Dairy Intake

| Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | | Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | |
|---|-------------------|---------|---------------------|---------|--------------------|---------|--|-------------------|---------|---------------------|---------|--------------------|---------|
| | Intake | Percent | Intake | Percent | Intake | Percent | | Intake | Percent | Intake | Percent | Intake | Percent |
| Age Birth to <1month (g/day, as consumed) | | | | | | | Age Birth to <1month (g/kg-day, as consumed) | | | | | | |
| Total Foods | 12 | 100.0% | 60 | 100.0% | 185 | 100.0% | Total Foods | 4 | 100.0% | 18 | 100.0% | 56 | 100.0% |
| Total Dairy | 0 | 0.0% | 40 | 67.3% | 127 | 69.0% | Total Dairy | 0 | 0.0% | 12 | 67.1% | 39 | 69.0% |
| Total Meats | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% | Total Meats | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% |
| Total Fish | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% | Total Fish | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% |
| Total Eggs | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% | Total Eggs | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% |
| Total Grains | 0.031 | 0.3% | 0 | 0.0% | 4 | 2.2% | Total Grains | 0.0086 | 0.2% | 0 | 0.0% | 1 | 2.1% |
| Total Vegetables | 8 | 66.1% | 2 | 3.4% | 0.78 | 0.4% | Total Vegetables | 2 | 64.4% | 0.65 | 3.7% | 0.26 | 0.5% |
| Total Fruits | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% | Total Fruits | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% |
| Total Fats ^a | 3 | 27.1% | 18 | 29.2% | 52 | 28.4% | Total Fats ^a | 1 | 27.5% | 5 | 29.2% | 16 | 28.4% |
| Age 1 to <3 months (g/day, as consumed) | | | | | | | Age 1 to <3 months (g/kg-day, as consumed) | | | | | | |
| Total Foods | 36 | 100.0% | 84 | 100.0% | 166 | 100.0% | Total Foods | 7 | 100.0% | 14 | 100.0% | 41 | 100.0% |
| Total Dairy | 0 | 0.0% | 19 | 22.4% | 109 | 65.6% | Total Dairy | 0 | 0.0% | 3 | 24.0% | 26 | 64.1% |
| Total Meats | 0 | 0.0% | 0 | 0.0% | 0.037 | 0.0% | Total Meats | 0 | 0.0% | 0 | 0.0% | 0.012 | 0.0% |
| Total Fish | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% | Total Fish | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% |
| Total Eggs | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% | Total Eggs | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% |
| Total Grains | 0.32 | 0.9% | 1 | 1.2% | 1 | 0.8% | Total Grains | 0.054 | 0.8% | 0.29 | 2.0% | 0.26 | 0.6% |
| Total Vegetables | 21 | 58.8% | 42 | 50.7% | 4 | 2.7% | Total Vegetables | 4 | 57.8% | 7 | 48.7% | 0.43 | 1.1% |
| Total Fruits | 2 | 4.3% | 0.034 | 0.0% | 6 | 3.7% | Total Fruits | 0.37 | 5.4% | 0.0067 | 0.0% | 3 | 7.7% |
| Total Fats ^a | 10 | 26.7% | 21 | 25.4% | 45 | 27.2% | Total Fats ^a | 2 | 26.4% | 4 | 25.0% | 11 | 26.5% |
| Age 3 to <6 months (g/day, as consumed) | | | | | | | Age 3 to <6 months (g/kg-day, as consumed) | | | | | | |
| Total Foods | 121 | 100.0% | 204 | 100.0% | 334 | 100.0% | Total Foods | 17 | 100.0% | 30 | 100.0% | 45 | 100.0% |
| Total Dairy | 0 | 0.0% | 60 | 29.7% | 159 | 47.7% | Total Dairy | 0 | 0.0% | 8 | 26.5% | 24 | 53.4% |
| Total Meats | 0 | 0.0% | 0.55 | 0.3% | 5 | 1.4% | Total Meats | 0 | 0.0% | 0.19 | 0.6% | 0.57 | 1.3% |
| Total Fish | 0 | 0.0% | 0 | 0.0% | 0.43 | 0.1% | Total Fish | 0 | 0.0% | 0 | 0.0% | 0.056 | 0.1% |
| Total Eggs | 0 | 0.0% | 0.30 | 0.1% | 0.64 | 0.2% | Total Eggs | 0 | 0.0% | 0.10 | 0.3% | 0.057 | 0.1% |
| Total Grains | 5 | 4.5% | 7 | 3.2% | 12 | 3.7% | Total Grains | 0.78 | 4.5% | 1 | 3.7% | 2 | 3.6% |
| Total Vegetables | 44 | 36.4% | 29 | 14.5% | 27 | 8.0% | Total Vegetables | 6 | 37.1% | 3 | 11.2% | 2 | 5.3% |
| Total Fruits | 52 | 42.9% | 80 | 39.0% | 74 | 22.3% | Total Fruits | 7 | 41.7% | 14 | 46.0% | 8 | 17.3% |
| Total Fats ^a | 15 | 12.3% | 27 | 13.2% | 54 | 16.3% | Total Fats ^a | 2 | 12.6% | 3 | 11.4% | 8 | 18.7% |



Table 14-8. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Meat and Dairy Intake (continued)

| Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | | Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | |
|--|-------------------|---------|---------------------|---------|--------------------|---------|---|-------------------|---------|---------------------|---------|--------------------|---------|
| | Intake | Percent | Intake | Percent | Intake | Percent | | Intake | Percent | Intake | Percent | Intake | Percent |
| Age 6 to <12 months (g/day, as consumed) | | | | | | | Age 6 to <12 months (g/kg-day, as consumed) | | | | | | |
| Total Foods | 253 | 100.0% | 403 | 100.0% | 1,284 | 100.0% | Total Foods | 29 | 100.0% | 43 | 100.0% | 135 | 100.0% |
| Total Dairy | 1 | 0.5% | 71 | 17.6% | 827 | 64.5% | Total Dairy | 0.12 | 0.4% | 8 | 18.0% | 87 | 64.2% |
| Total Meats | 0.68 | 0.3% | 17 | 4.1% | 45 | 3.5% | Total Meats | 0.083 | 0.3% | 2 | 4.7% | 5 | 3.3% |
| Total Fish | 0 | 0.0% | 1 | 0.4% | 0.28 | 0.0% | Total Fish | 0 | 0.0% | 0.14 | 0.3% | 0.029 | 0.0% |
| Total Eggs | 3 | 1.0% | 3 | 0.7% | 7 | 0.5% | Total Eggs | 0.32 | 1.1% | 0.39 | 0.9% | 0.66 | 0.5% |
| Total Grains | 22 | 8.5% | 32 | 8.0% | 45 | 3.5% | Total Grains | 2 | 8.0% | 3 | 7.1% | 5 | 3.5% |
| Total Vegetables | 95 | 37.7% | 82 | 20.3% | 108 | 8.4% | Total Vegetables | 11 | 38.2% | 9 | 20.0% | 12 | 8.6% |
| Total Fruits | 110 | 43.4% | 166 | 41.1% | 209 | 16.3% | Total Fruits | 13 | 43.4% | 17 | 40.4% | 22 | 16.6% |
| Total Fats ^a | 17 | 6.7% | 32 | 8.0% | 41 | 3.2% | Total Fats ^a | 2 | 6.7% | 4 | 8.3% | 4 | 3.2% |
| Age 1 to <2 years (g/day, as consumed) | | | | | | | Age 1 to <2 years (g/kg-day, as consumed) | | | | | | |
| Total Foods | 569 | 100.0% | 1,014 | 100.0% | 1,687 | 100.0% | Total Foods | 51 | 100.0% | 82 | 100.0% | 155 | 100.0% |
| Total Dairy | 46 | 8.0% | 456 | 45.0% | 1,165 | 69.0% | Total Dairy | 4 | 7.7% | 38 | 45.6% | 106 | 68.2% |
| Total Meats | 30 | 5.2% | 43 | 4.2% | 52 | 3.1% | Total Meats | 3 | 5.5% | 4 | 5.3% | 4 | 2.8% |
| Total Fish | 2 | 0.4% | 2 | 0.2% | 3 | 0.2% | Total Fish | 0.13 | 0.2% | 0.22 | 0.3% | 0.20 | 0.1% |
| Total Eggs | 12 | 2.0% | 13 | 1.3% | 19 | 1.1% | Total Eggs | 1 | 2.1% | 1 | 1.6% | 1 | 0.9% |
| Total Grains | 54 | 9.5% | 64 | 6.3% | 65 | 3.8% | Total Grains | 5 | 9.5% | 6 | 7.2% | 6 | 3.7% |
| Total Vegetables | 128 | 22.5% | 114 | 11.3% | 111 | 6.6% | Total Vegetables | 11 | 22.2% | 11 | 13.0% | 11 | 6.9% |
| Total Fruits | 264 | 46.4% | 278 | 27.4% | 209 | 12.4% | Total Fruits | 24 | 46.6% | 19 | 22.7% | 21 | 13.7% |
| Total Fats ^a | 25 | 4.5% | 36 | 3.6% | 59 | 3.5% | Total Fats ^a | 2 | 4.5% | 3 | 3.8% | 5 | 3.4% |
| Age 2 to <3 years (g/day, as consumed) | | | | | | | Age 2 to <3 years (g/kg-day, as consumed) | | | | | | |
| Total Foods | 641 | 100.0% | 981 | 100.0% | 1,546 | 100.0% | Total Foods | 46 | 100.0% | 73 | 100.0% | 114 | 100.0% |
| Total Dairy | 57 | 9.0% | 348 | 35.5% | 883 | 57.1% | Total Dairy | 4 | 8.2% | 24 | 32.6% | 67 | 58.3% |
| Total Meats | 45 | 6.9% | 59 | 6.0% | 60 | 3.9% | Total Meats | 3 | 7.4% | 5 | 6.5% | 4 | 3.8% |
| Total Fish | 4 | 0.6% | 3 | 0.3% | 4 | 0.3% | Total Fish | 0.19 | 0.4% | 0.25 | 0.3% | 0.28 | 0.2% |
| Total Eggs | 21 | 3.2% | 18 | 1.9% | 20 | 1.3% | Total Eggs | 1 | 3.2% | 1 | 1.6% | 2 | 1.3% |
| Total Grains | 75 | 11.8% | 86 | 8.7% | 86 | 5.6% | Total Grains | 5 | 11.6% | 6 | 8.7% | 7 | 5.7% |
| Total Vegetables | 155 | 24.1% | 148 | 15.1% | 143 | 9.2% | Total Vegetables | 11 | 23.6% | 11 | 14.9% | 11 | 9.5% |
| Total Fruits | 240 | 37.5% | 264 | 26.9% | 286 | 18.5% | Total Fruits | 18 | 38.7% | 22 | 29.9% | 19 | 16.6% |
| Total Fats ^a | 32 | 5.0% | 42 | 4.3% | 55 | 3.6% | Total Fats ^a | 2 | 5.2% | 3 | 4.3% | 4 | 3.7% |



| Table 14-8. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Meat and Dairy Intake (continued) | | | | | | | | | | | | | |
|--|-------------------|---------|---------------------|---------|--------------------|---------|---|-------------------|---------|---------------------|---------|--------------------|---------|
| Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | | Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | |
| | Intake | Percent | Intake | Percent | Intake | Percent | | Intake | Percent | Intake | Percent | Intake | Percent |
| Age 3 to <6 years (g/day, as consumed) | | | | | | | Age 3 to <6 years (g/kg-day, as consumed) | | | | | | |
| Total Foods | 702 | 100.0% | 1,043 | 100.0% | 1,646 | 100.0% | Total Foods | 39 | 100.0% | 59 | 100.0% | 97 | 100.0% |
| Total Dairy | 75 | 10.7% | 352 | 33.8% | 878 | 53.3% | Total Dairy | 4 | 10.8% | 20 | 33.6% | 52 | 53.1% |
| Total Meats | 52 | 7.5% | 79 | 7.6% | 88 | 5.4% | Total Meats | 3 | 7.6% | 4 | 7.1% | 5 | 5.2% |
| Total Fish | 5 | 0.7% | 5 | 0.5% | 5 | 0.3% | Total Fish | 0.33 | 0.8% | 0.22 | 0.4% | 0.28 | 0.3% |
| Total Eggs | 15 | 2.2% | 16 | 1.5% | 19 | 1.2% | Total Eggs | 0.87 | 2.2% | 0.93 | 1.6% | 0.97 | 1.0% |
| Total Grains | 85 | 12.0% | 107 | 10.2% | 121 | 7.3% | Total Grains | 5 | 12.0% | 6 | 10.0% | 7 | 7.2% |
| Total Vegetables | 159 | 22.6% | 167 | 16.0% | 191 | 11.6% | Total Vegetables | 9 | 22.7% | 10 | 16.1% | 11 | 11.7% |
| Total Fruits | 258 | 36.7% | 251 | 24.1% | 259 | 15.8% | Total Fruits | 14 | 36.1% | 15 | 25.0% | 16 | 16.2% |
| Total Fats ^a | 35 | 5.0% | 51 | 4.9% | 67 | 4.1% | Total Fats ^a | 2 | 5.1% | 3 | 4.7% | 4 | 4.1% |
| Age 6 to <11 years (g/day, as consumed) | | | | | | | Age 6 to <11 years (g/kg-day, as consumed) | | | | | | |
| Total Foods | 725 | 100.0% | 1,061 | 100.0% | 1,727 | 100.0% | Total Foods | 21 | 100.0% | 38 | 100.0% | 68 | 100.0% |
| Total Dairy | 76 | 10.5% | 366 | 34.5% | 883 | 51.1% | Total Dairy | 2 | 11.6% | 13 | 34.8% | 35 | 51.0% |
| Total Meats | 66 | 9.2% | 91 | 8.6% | 105 | 6.1% | Total Meats | 2 | 9.9% | 3 | 8.2% | 4 | 5.9% |
| Total Fish | 6 | 0.8% | 7 | 0.7% | 6 | 0.3% | Total Fish | 0.18 | 0.8% | 0.22 | 0.6% | 0.24 | 0.4% |
| Total Eggs | 16 | 2.3% | 17 | 1.6% | 18 | 1.1% | Total Eggs | 0.52 | 2.4% | 0.52 | 1.4% | 0.70 | 1.0% |
| Total Grains | 101 | 13.9% | 116 | 10.9% | 151 | 8.7% | Total Grains | 3 | 14.1% | 4 | 10.9% | 6 | 9.2% |
| Total Vegetables | 202 | 27.9% | 205 | 19.4% | 245 | 14.2% | Total Vegetables | 6 | 27.0% | 7 | 18.7% | 10 | 14.1% |
| Total Fruits | 198 | 27.3% | 178 | 16.7% | 221 | 12.8% | Total Fruits | 6 | 25.9% | 7 | 17.8% | 8 | 12.4% |
| Total Fats ^a | 43 | 6.0% | 56 | 5.3% | 73 | 4.2% | Total Fats ^a | 1 | 6.2% | 2 | 5.4% | 3 | 4.4% |
| Age 11 to <16 years (g/day, as consumed) | | | | | | | Age 11 to <16 years (g/kg-day, as consumed) | | | | | | |
| Total Foods | 727 | 100.0% | 1,111 | 100.0% | 2,045 | 100.0% | Total Foods | 12 | 100.0% | 23 | 100.0% | 43 | 100.0% |
| Total Dairy | 38 | 5.2% | 299 | 26.9% | 1,004 | 49.1% | Total Dairy | 0.59 | 4.9% | 6 | 26.0% | 21 | 47.9% |
| Total Meats | 58 | 8.0% | 118 | 10.6% | 161 | 7.9% | Total Meats | 1 | 9.3% | 2 | 10.9% | 3 | 7.5% |
| Total Fish | 10 | 1.4% | 11 | 1.0% | 12 | 0.6% | Total Fish | 0.15 | 1.3% | 0.14 | 0.6% | 0.35 | 0.8% |
| Total Eggs | 16 | 2.2% | 22 | 2.0% | 26 | 1.3% | Total Eggs | 0.30 | 2.5% | 0.34 | 1.5% | 0.52 | 1.2% |
| Total Grains | 103 | 14.2% | 137 | 12.4% | 181 | 8.9% | Total Grains | 2 | 14.2% | 3 | 11.5% | 4 | 9.1% |
| Total Vegetables | 234 | 32.2% | 265 | 23.9% | 332 | 16.2% | Total Vegetables | 4 | 32.4% | 6 | 24.5% | 7 | 15.5% |
| Total Fruits | 213 | 29.3% | 176 | 15.8% | 204 | 10.0% | Total Fruits | 3 | 27.0% | 4 | 17.1% | 5 | 11.8% |
| Total Fats ^a | 42 | 5.8% | 66 | 6.0% | 104 | 5.1% | Total Fats ^a | 0.75 | 6.3% | 1 | 6.1% | 2 | 4.9% |



Table 14-8. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Meat and Dairy Intake (continued)

| Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | | Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | |
|--|-------------------|---------|---------------------|---------|--------------------|---------|---|-------------------|---------|---------------------|---------|--------------------|---------|
| | Intake | Percent | Intake | Percent | Intake | Percent | | Intake | Percent | Intake | Percent | Intake | Percent |
| Age 16 to <21 years (g/day, as consumed) | | | | | | | Age 16 to <21 years (g/kg-day, as consumed) | | | | | | |
| Total Foods | 610 | 100.0% | 1,017 | 100.0% | 2,379 | 100.0% | Total Foods | 9 | 100.0% | 15 | 100.0% | 34 | 100.0% |
| Total Dairy | 22 | 3.5% | 204 | 20.1% | 923 | 38.8% | Total Dairy | 0.35 | 3.8% | 3 | 19.1% | 13 | 39.1% |
| Total Meats | 42 | 6.8% | 128 | 12.6% | 256 | 10.8% | Total Meats | 0.63 | 6.8% | 2 | 13.4% | 4 | 10.8% |
| Total Fish | 12 | 1.9% | 12 | 1.2% | 8 | 0.3% | Total Fish | 0.17 | 1.8% | 0.14 | 0.9% | 0.10 | 0.3% |
| Total Eggs | 13 | 2.2% | 19 | 1.8% | 28 | 1.2% | Total Eggs | 0.19 | 2.0% | 0.28 | 1.8% | 0.38 | 1.1% |
| Total Grains | 87 | 14.3% | 140 | 13.8% | 233 | 9.8% | Total Grains | 1 | 14.6% | 2 | 14.3% | 3 | 10.1% |
| Total Vegetables | 202 | 33.1% | 305 | 29.9% | 492 | 20.7% | Total Vegetables | 3 | 34.0% | 5 | 30.4% | 7 | 20.8% |
| Total Fruits | 177 | 29.1% | 133 | 13.1% | 282 | 11.9% | Total Fruits | 3 | 28.1% | 2 | 12.2% | 4 | 11.2% |
| Total Fats ^a | 34 | 5.6% | 68 | 6.6% | 127 | 5.3% | Total Fats ^a | 0.51 | 5.5% | 1 | 6.8% | 2 | 5.4% |
| ^a Includes added fats such as butter, margarine, dressings and sauces, vegetable oil, etc.; does not include fats eaten as components of other foods such as meats. | | | | | | | | | | | | | |
| Source: Based on U.S. EPA analysis of 1994-96, 1998 CSFII. | | | | | | | | | | | | | |



| Table 14-9. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Fish Intake | | | | | | | | | | | | | |
|--|-------------------|---------|---------------------|---------|--------------------|---------|---|-------------------|---------|---------------------|---------|--------------------|---------|
| Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | | Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | |
| | Intake | Percent | Intake | Percent | Intake | Percent | | Intake | Percent | Intake | Percent | Intake | Percent |
| Age Birth to <1month (g/day, as consumed) ^b | | | | | | | Age Birth to <1month (g/kg-day, as consumed) ^b | | | | | | |
| Total Foods | 67 | 100.0% | - | - | - | - | Total Foods | 20 | 100.0% | - | - | - | - |
| Total Dairy | 41 | 61.5% | - | - | - | - | Total Dairy | 12 | 61.6% | - | - | - | - |
| Total Meats | 0 | 0.0% | - | - | - | - | Total Meats | 0 | 0.0% | - | - | - | - |
| Total Fish | 0 | 0.0% | - | - | - | - | Total Fish | 0 | 0.0% | - | - | - | - |
| Total Eggs | 0 | 0.0% | - | - | - | - | Total Eggs | 0 | 0.0% | - | - | - | - |
| Total Grains | 0.44 | 0.7% | - | - | - | - | Total Grains | 0.14 | 0.7% | - | - | - | - |
| Total Vegetables | 5 | 7.7% | - | - | - | - | Total Vegetables | 2 | 7.7% | - | - | - | - |
| Total Fruits | 0.88 | 1.3% | - | - | - | - | Total Fruits | 0.21 | 1.1% | - | - | - | - |
| Total Fats ^a | 19 | 28.3% | - | - | - | - | Total Fats ^a | 6 | 28.4% | - | - | - | - |
| Age 1 to <3 months (g/day, as consumed) ^b | | | | | | | Age 1 to <3 months (g/kg-day, as consumed) ^b | | | | | | |
| Total Foods | 80 | 100.0% | - | - | - | - | Total Foods | 16 | 100.0% | - | - | - | - |
| Total Dairy | 37 | 46.5% | - | - | - | - | Total Dairy | 8 | 48.2% | - | - | - | - |
| Total Meats | 0 | 0.0% | - | - | - | - | Total Meats | 0 | 0.0% | - | - | - | - |
| Total Fish | 0 | 0.0% | - | - | - | - | Total Fish | 0 | 0.0% | - | - | - | - |
| Total Eggs | 0 | 0.0% | - | - | - | - | Total Eggs | 0 | 0.0% | - | - | - | - |
| Total Grains | 1 | 1.5% | - | - | - | - | Total Grains | 0.23 | 1.4% | - | - | - | - |
| Total Vegetables | 15 | 18.5% | - | - | - | - | Total Vegetables | 3 | 16.6% | - | - | - | - |
| Total Fruits | 4 | 5.2% | - | - | - | - | Total Fruits | 0.90 | 5.5% | - | - | - | - |
| Total Fats ^a | 21 | 26.4% | - | - | - | - | Total Fats ^a | 4 | 26.5% | - | - | - | - |
| Age 3 to <6 months (g/day, as consumed) ^c | | | | | | | Age 3 to <6 months (g/kg-day, as consumed) ^c | | | | | | |
| Total Foods | 196 | 100.0% | - | - | 410 | 100.0% | Total Foods | 28 | 100.0% | - | - | 53 | 100.0% |
| Total Dairy | 55 | 28.3% | - | - | 159 | 38.8% | Total Dairy | 8 | 28.9% | - | - | 21 | 38.8% |
| Total Meats | 2 | 0.8% | - | - | 28 | 6.8% | Total Meats | 0.20 | 0.7% | - | - | 4 | 6.8% |
| Total Fish | 0 | 0.0% | - | - | 17 | 4.1% | Total Fish | 0 | 0.0% | - | - | 2 | 4.1% |
| Total Eggs | 0.22 | 0.1% | - | - | 4 | 1.0% | Total Eggs | 0.022 | 0.1% | - | - | 0.52 | 1.0% |
| Total Grains | 8 | 3.9% | - | - | 47 | 11.5% | Total Grains | 1 | 3.8% | - | - | 6 | 11.5% |
| Total Vegetables | 34 | 17.2% | - | - | 34 | 8.3% | Total Vegetables | 5 | 17.1% | - | - | 4 | 8.3% |
| Total Fruits | 68 | 34.7% | - | - | 30 | 7.2% | Total Fruits | 9 | 33.9% | - | - | 4 | 7.2% |
| Total Fats ^a | 28 | 14.1% | - | - | 81 | 19.8% | Total Fats ^a | 4 | 14.5% | - | - | 11 | 19.8% |



Table 14-9. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Fish Intake (continued)

| Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | | Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | |
|---|-------------------|---------|---------------------|---------|--------------------|---------|--|-------------------|---------|---------------------|---------|--------------------|---------|
| | Intake | Percent | Intake | Percent | Intake | Percent | | Intake | Percent | Intake | Percent | Intake | Percent |
| Age 6 to <12 months (g/day, as consumed) ^d | | | | | | | Age 6 to <12 months (g/kg-day, as consumed) ^d | | | | | | |
| Total Foods | 799 | 100.0% | - | - | 770 | 100.0% | Total Foods | 81 | 100.0% | - | - | 74 | 100.0% |
| Total Dairy | 334 | 41.8% | - | - | 287 | 37.3% | Total Dairy | 34 | 41.8% | - | - | 27 | 37.1% |
| Total Meats | 38 | 4.7% | - | - | 46 | 6.0% | Total Meats | 4 | 4.7% | - | - | 4 | 6.0% |
| Total Fish | 0 | 0.0% | - | - | 7 | 0.9% | Total Fish | 0 | 0.0% | - | - | 0.63 | 0.9% |
| Total Eggs | 11 | 1.4% | - | - | 14 | 1.9% | Total Eggs | 1 | 1.4% | - | - | 1 | 2.0% |
| Total Grains | 47 | 5.9% | - | - | 66 | 8.6% | Total Grains | 5 | 5.9% | - | - | 6 | 8.4% |
| Total Vegetables | 101 | 12.6% | - | - | 117 | 15.3% | Total Vegetables | 10 | 12.6% | - | - | 12 | 15.6% |
| Total Fruits | 227 | 28.4% | - | - | 194 | 25.2% | Total Fruits | 23 | 28.4% | - | - | 19 | 25.2% |
| Total Fats ^a | 37 | 4.7% | - | - | 36 | 4.7% | Total Fats ^a | 4 | 4.7% | - | - | 3 | 4.7% |
| Age 1 to <2 years (g/day, as consumed) ^d | | | | | | | Age 1 to <2 years (g/kg-day, as consumed) ^d | | | | | | |
| Total Foods | 1032 | 100.0% | - | - | 1,139 | 100.0% | Total Foods | 90 | 100.0% | - | - | 98 | 100.0% |
| Total Dairy | 496 | 48.1% | - | - | 461 | 40.5% | Total Dairy | 43 | 48.2% | - | - | 41 | 42.4% |
| Total Meats | 46 | 4.5% | - | - | 56 | 4.9% | Total Meats | 4 | 4.4% | - | - | 5 | 4.8% |
| Total Fish | 0 | 0.0% | - | - | 26 | 2.3% | Total Fish | 0 | 0.0% | - | - | 2 | 2.2% |
| Total Eggs | 14 | 1.4% | - | - | 19 | 1.7% | Total Eggs | 1 | 1.3% | - | - | 2 | 1.6% |
| Total Grains | 65 | 6.3% | - | - | 76 | 6.7% | Total Grains | 6 | 6.2% | - | - | 7 | 6.7% |
| Total Vegetables | 118 | 11.4% | - | - | 151 | 13.2% | Total Vegetables | 10 | 11.4% | - | - | 12 | 12.3% |
| Total Fruits | 247 | 24.0% | - | - | 300 | 26.3% | Total Fruits | 22 | 24.0% | - | - | 25 | 25.5% |
| Total Fats ^a | 39 | 3.8% | - | - | 43 | 3.8% | Total Fats ^a | 3 | 3.8% | - | - | 4 | 3.8% |
| Age 2 to <3 years (g/day, as consumed) ^d | | | | | | | Age 2 to <3 years (g/kg-day, as consumed) ^d | | | | | | |
| Total Foods | 1015 | 100.0% | - | - | 1,107 | 100.0% | Total Foods | 73 | 100.0% | - | - | 82 | 100.0% |
| Total Dairy | 381 | 37.6% | - | - | 424 | 38.3% | Total Dairy | 28 | 37.9% | - | - | 31 | 37.6% |
| Total Meats | 62 | 6.1% | - | - | 53 | 4.8% | Total Meats | 4 | 6.0% | - | - | 4 | 4.6% |
| Total Fish | 0 | 0.0% | - | - | 31 | 2.8% | Total Fish | 0 | 0.0% | - | - | 2 | 2.9% |
| Total Eggs | 18 | 1.8% | - | - | 17 | 1.6% | Total Eggs | 1 | 1.7% | - | - | 1 | 1.5% |
| Total Grains | 81 | 7.9% | - | - | 84 | 7.6% | Total Grains | 6 | 7.9% | - | - | 6 | 7.5% |
| Total Vegetables | 144 | 14.2% | - | - | 142 | 12.8% | Total Vegetables | 10 | 14.1% | - | - | 10 | 12.7% |
| Total Fruits | 276 | 27.2% | - | - | 304 | 27.4% | Total Fruits | 20 | 27.0% | - | - | 23 | 28.5% |
| Total Fats ^a | 42 | 4.2% | - | - | 43 | 3.9% | Total Fats ^a | 3 | 4.2% | - | - | 3 | 3.9% |



| Table 14-9. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Fish Intake (continued) | | | | | | | | | | | | | |
|--|-------------------|---------|---------------------|---------|--------------------|---------|--|-------------------|---------|---------------------|---------|--------------------|---------|
| Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | | Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | |
| | Intake | Percent | Intake | Percent | Intake | Percent | | Intake | Percent | Intake | Percent | Intake | Percent |
| Age 3 to <6 years (g/day, as consumed) ^d | | | | | | | Age 3 to <6 years (g/kg-day, as consumed) ^d | | | | | | |
| Total Foods | 1,053 | 100.0% | - | - | 1,156 | 100.0% | Total Foods | 60 | 100.0% | - | - | 66 | 100.0% |
| Total Dairy | 390 | 37.1% | - | - | 399 | 34.5% | Total Dairy | 22 | 37.1% | - | - | 22 | 33.9% |
| Total Meats | 76 | 7.2% | - | - | 62 | 5.3% | Total Meats | 4 | 7.1% | - | - | 3 | 5.3% |
| Total Fish | 0 | 0.0% | - | - | 43 | 3.7% | Total Fish | 0 | 0.0% | - | - | 2 | 3.7% |
| Total Eggs | 16 | 1.5% | - | - | 17 | 1.4% | Total Eggs | 0.88 | 1.5% | - | - | 1 | 1.6% |
| Total Grains | 101 | 9.6% | - | - | 103 | 8.9% | Total Grains | 6 | 9.5% | - | - | 6 | 9.0% |
| Total Vegetables | 168 | 15.9% | - | - | 193 | 16.7% | Total Vegetables | 9 | 15.8% | - | - | 11 | 16.9% |
| Total Fruits | 237 | 22.5% | - | - | 273 | 23.6% | Total Fruits | 14 | 22.7% | - | - | 16 | 23.8% |
| Total Fats ^a | 50 | 4.8% | - | - | 50 | 4.3% | Total Fats ^a | 3 | 4.7% | - | - | 3 | 4.3% |
| Age 6 to <11 years (g/day, as consumed) ^d | | | | | | | Age 6 to <11 years (g/kg-day, as consumed) ^d | | | | | | |
| Total Foods | 1,109 | 100.0% | - | - | 1,234 | 100.0% | Total Foods | 40 | 100.0% | - | - | 44 | 100.0% |
| Total Dairy | 408 | 36.8% | - | - | 430 | 34.8% | Total Dairy | 15 | 37.0% | - | - | 16 | 35.6% |
| Total Meats | 89 | 8.0% | - | - | 76 | 6.2% | Total Meats | 3 | 7.9% | - | - | 3 | 6.1% |
| Total Fish | 0 | 0.0% | - | - | 51 | 4.1% | Total Fish | 0 | 0.0% | - | - | 2 | 4.1% |
| Total Eggs | 15 | 1.3% | - | - | 22 | 1.8% | Total Eggs | 0.53 | 1.3% | - | - | 0.73 | 1.6% |
| Total Grains | 119 | 10.7% | - | - | 126 | 10.2% | Total Grains | 4 | 10.7% | - | - | 4 | 10.1% |
| Total Vegetables | 208 | 18.8% | - | - | 233 | 18.9% | Total Vegetables | 7 | 18.5% | - | - | 8 | 18.4% |
| Total Fruits | 190 | 17.1% | - | - | 218 | 17.7% | Total Fruits | 7 | 17.3% | - | - | 8 | 17.5% |
| Total Fats ^a | 58 | 5.2% | - | - | 61 | 4.9% | Total Fats ^a | 2 | 5.2% | - | - | 2 | 4.9% |
| Age 11 to <16 years (g/day, as consumed) ^d | | | | | | | Age 11 to <16 years (g/kg-day, as consumed) ^d | | | | | | |
| Total Foods | 1,197 | 100.0% | - | - | 1,378 | 100.0% | Total Foods | 24 | 100.0% | - | - | 28 | 100.0% |
| Total Dairy | 372 | 31.1% | - | - | 397 | 28.8% | Total Dairy | 7 | 31.1% | - | - | 9 | 30.9% |
| Total Meats | 117 | 9.8% | - | - | 104 | 7.5% | Total Meats | 2 | 9.7% | - | - | 2 | 6.9% |
| Total Fish | 0 | 0.0% | - | - | 72 | 5.2% | Total Fish | 0 | 0.0% | - | - | 1 | 4.9% |
| Total Eggs | 17 | 1.4% | - | - | 28 | 2.0% | Total Eggs | 0.34 | 1.4% | - | - | 0.52 | 1.9% |
| Total Grains | 135 | 11.3% | - | - | 146 | 10.6% | Total Grains | 3 | 11.3% | - | - | 3 | 10.5% |
| Total Vegetables | 277 | 23.1% | - | - | 310 | 22.5% | Total Vegetables | 5 | 22.9% | - | - | 6 | 21.1% |
| Total Fruits | 190 | 15.8% | - | - | 226 | 16.4% | Total Fruits | 4 | 16.2% | - | - | 5 | 17.1% |
| Total Fats ^a | 69 | 5.8% | - | - | 76 | 5.5% | Total Fats ^a | 1 | 5.7% | - | - | 1 | 5.2% |



Table 14-9. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Fish Intake (continued)

| Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | | Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | |
|--|-------------------|---------|---------------------|---------|--------------------|---------|--|-------------------|---------|---------------------|---------|--------------------|---------|
| | Intake | Percent | Intake | Percent | Intake | Percent | | Intake | Percent | Intake | Percent | Intake | Percent |
| Age 16 to <21 years (g/day, as consumed) ^d | | | | | | | Age 16 to <21 years (g/kg-day, as consumed) ^d | | | | | | |
| Total Foods | 1,171 | 100.0% | - | - | 1,339 | 100.0% | Total Foods | 18 | 100.0% | - | - | 19 | 100.0% |
| Total Dairy | 288 | 24.6% | - | - | 261 | 19.5% | Total Dairy | 4 | 24.5% | - | - | 4 | 20.3% |
| Total Meats | 143 | 12.2% | - | - | 139 | 10.4% | Total Meats | 2 | 11.9% | - | - | 2 | 9.4% |
| Total Fish | 0 | 0.0% | - | - | 86 | 6.5% | Total Fish | 0 | 0.0% | - | - | 1 | 6.7% |
| Total Eggs | 20 | 1.7% | - | - | 21 | 1.6% | Total Eggs | 0.30 | 1.7% | - | - | 0.30 | 1.6% |
| Total Grains | 146 | 12.5% | - | - | 162 | 12.1% | Total Grains | 2 | 12.5% | - | - | 2 | 12.0% |
| Total Vegetables | 325 | 27.8% | - | - | 357 | 26.6% | Total Vegetables | 5 | 27.9% | - | - | 5 | 26.0% |
| Total Fruits | 160 | 13.7% | - | - | 219 | 16.3% | Total Fruits | 2 | 13.9% | - | - | 3 | 16.9% |
| Total Fats ^a | 75 | 6.4% | - | - | 80 | 6.0% | Total Fats ^a | 1 | 6.4% | - | - | 1 | 5.9% |
| ^a Includes added fats such as butter, margarine, dressings and sauces, vegetable oil, etc.; does not include fats eaten as components of other foods such as meats. ^b All individuals in this sample group consumed 0 grams/day of fish. Therefore, only low-end consumers are reported. ^c Only one individual in this sample group consumed more than 0 grams/day of fish. Therefore, this sample is reported in the high-end consumer group and all other samples are placed in the low-end consumer group. ^d All individuals in this sample group below the 80 th percentile consumed 0 grams/day of fish. Therefore, only high-end and low-end consumer groups are reported. | | | | | | | | | | | | | |
| Source: Based on U.S. EPA analysis of 1994-96, 1998 CSFII. | | | | | | | | | | | | | |



Table 14-10. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Fruit and Vegetable Intake

| Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | | Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | |
|--|-------------------|---------|---------------------|---------|--------------------|---------|---|-------------------|---------|---------------------|---------|--------------------|---------|
| | Intake | Percent | Intake | Percent | Intake | Percent | | Intake | Percent | Intake | Percent | Intake | Percent |
| Age Birth to <1month (g/day, as consumed) ^b | | | | | | | Age Birth to <1month (g/kg-day, as consumed) ^b | | | | | | |
| Total Foods | 49 | 100.0% | - | - | 101 | 100.0% | Total Foods | 14 | 100.0% | - | - | 29 | 100.0% |
| Total Dairy | 34 | 69.7% | - | - | 21 | 21.1% | Total Dairy | 10 | 69.6% | - | - | 6 | 19.4% |
| Total Meats | 0 | 0.0% | - | - | 0 | 0.0% | Total Meats | 0 | 0.0% | - | - | 0 | 0.0% |
| Total Fish | 0 | 0.0% | - | - | 0 | 0.0% | Total Fish | 0 | 0.0% | - | - | 0 | 0.0% |
| Total Eggs | 0 | 0.0% | - | - | 0 | 0.0% | Total Eggs | 0 | 0.0% | - | - | 0 | 0.0% |
| Total Grains | 0.58 | 1.2% | - | - | 0.21 | 0.2% | Total Grains | 0.18 | 1.3% | - | - | 0.057 | 0.2% |
| Total Vegetables | 0 | 0.0% | - | - | 44 | 43.3% | Total Vegetables | 0 | 0.0% | - | - | 13 | 44.8% |
| Total Fruits | 0 | 0.0% | - | - | 8 | 7.6% | Total Fruits | 0 | 0.0% | - | - | 2 | 6.4% |
| Total Fats ^a | 14 | 29.1% | - | - | 25 | 24.8% | Total Fats ^a | 4 | 29.1% | - | - | 7 | 25.4% |
| Age 1 to <3 months (g/day, as consumed) ^b | | | | | | | Age 1 to <3 months (g/kg-day, as consumed) ^b | | | | | | |
| Total Foods | 49 | 100.0% | - | - | 171 | 100.0% | Total Foods | 11 | 100.0% | - | - | 35 | 100.0% |
| Total Dairy | 34 | 69.2% | - | - | 16 | 9.5% | Total Dairy | 7 | 69.4% | - | - | 4 | 11.5% |
| Total Meats | 0 | 0.0% | - | - | 0 | 0.0% | Total Meats | 0 | 0.0% | - | - | 0 | 0.0% |
| Total Fish | 0 | 0.0% | - | - | 0 | 0.0% | Total Fish | 0 | 0.0% | - | - | 0 | 0.0% |
| Total Eggs | 0 | 0.0% | - | - | 0 | 0.0% | Total Eggs | 0 | 0.0% | - | - | 0 | 0.0% |
| Total Grains | 0.91 | 1.9% | - | - | 2 | 1.0% | Total Grains | 0.17 | 1.7% | - | - | 0.38 | 1.1% |
| Total Vegetables | 0 | 0.0% | - | - | 89 | 52.0% | Total Vegetables | 0 | 0.0% | - | - | 16 | 46.8% |
| Total Fruits | 0 | 0.0% | - | - | 18 | 10.2% | Total Fruits | 0 | 0.0% | - | - | 5 | 13.9% |
| Total Fats ^a | 14 | 28.9% | - | - | 40 | 23.4% | Total Fats ^a | 3 | 29.0% | - | - | 8 | 22.7% |
| Age 3 to <6 months (g/day, as consumed) | | | | | | | Age 3 to <6 months (g/kg-day, as consumed) | | | | | | |
| Total Foods | 69 | 100.0% | 144 | 100.0% | 495 | 100.0% | Total Foods | 11 | 100.0% | 21 | 100.0% | 70 | 100.0% |
| Total Dairy | 47 | 68.0% | 51 | 35.6% | 49 | 9.9% | Total Dairy | 7 | 68.1% | 8 | 37.2% | 7 | 10.1% |
| Total Meats | 0 | 0.0% | 2 | 1.3% | 4 | 0.8% | Total Meats | 0 | 0.0% | 0.32 | 1.5% | 0.52 | 0.7% |
| Total Fish | 0 | 0.0% | 0.43 | 0.3% | 0 | 0.0% | Total Fish | 0 | 0.0% | 0.057 | 0.3% | 0 | 0.0% |
| Total Eggs | 0 | 0.0% | 0.58 | 0.4% | 0.094 | 0.0% | Total Eggs | 0 | 0.0% | 0.10 | 0.5% | 0.021 | 0.0% |
| Total Grains | 2 | 3.3% | 10 | 6.7% | 12 | 2.4% | Total Grains | 0.35 | 3.2% | 1 | 6.6% | 2 | 2.6% |
| Total Vegetables | 0 | 0.0% | 24 | 16.6% | 88 | 17.7% | Total Vegetables | 0 | 0.0% | 3 | 15.1% | 12 | 17.7% |
| Total Fruits | 0 | 0.0% | 29 | 19.9% | 311 | 62.8% | Total Fruits | 0 | 0.0% | 4 | 20.8% | 44 | 62.4% |
| Total Fats ^a | 20 | 28.4% | 25 | 17.7% | 27 | 5.4% | Total Fats ^a | 3 | 28.5% | 4 | 16.9% | 4 | 5.5% |



Table 14-10. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Fruit and Vegetable Intake (continued)

| Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | | Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | |
|--|-------------------|---------|---------------------|---------|--------------------|---------|---|-------------------|---------|---------------------|---------|--------------------|---------|
| | Intake | Percent | Intake | Percent | Intake | Percent | | Intake | Percent | Intake | Percent | Intake | Percent |
| Age 6 to <12 months (g/day, as consumed) | | | | | | | Age 6 to <12 months (g/kg-day, as consumed) | | | | | | |
| Total Foods | 189 | 100.0% | 461 | 100.0% | 951 | 100.0% | Total Foods | 21 | 100.0% | 57 | 100.0% | 100 | 100.0% |
| Total Dairy | 91 | 48.3% | 129 | 28.0% | 207 | 21.8% | Total Dairy | 10 | 48.1% | 19 | 33.2% | 18 | 17.9% |
| Total Meats | 8 | 4.0% | 17 | 3.6% | 37 | 3.9% | Total Meats | 0.73 | 3.6% | 2 | 4.3% | 4 | 3.8% |
| Total Fish | 0.80 | 0.4% | 0.80 | 0.2% | 0.16 | 0.0% | Total Fish | 0.088 | 0.4% | 0.063 | 0.1% | 0.018 | 0.0% |
| Total Eggs | 4 | 1.9% | 9 | 1.9% | 8 | 0.8% | Total Eggs | 0.34 | 1.7% | 0.59 | 1.0% | 0.73 | 0.7% |
| Total Grains | 23 | 12.1% | 31 | 6.8% | 41 | 4.3% | Total Grains | 2 | 11.4% | 4 | 6.5% | 5 | 4.6% |
| Total Vegetables | 18 | 9.4% | 83 | 18.1% | 160 | 16.8% | Total Vegetables | 2 | 9.3% | 10 | 16.9% | 19 | 19.0% |
| Total Fruits | 15 | 7.7% | 158 | 34.3% | 459 | 48.2% | Total Fruits | 2 | 8.4% | 18 | 30.8% | 50 | 49.5% |
| Total Fats ^a | 31 | 16.3% | 31 | 6.8% | 35 | 3.6% | Total Fats ^a | 3 | 16.8% | 4 | 6.6% | 4 | 3.9% |
| Age 1 to <2 years (g/day, as consumed) | | | | | | | Age 1 to <2 years (g/kg-day, as consumed) | | | | | | |
| Total Foods | 796 | 100.0% | 1,048 | 100.0% | 1,499 | 100.0% | Total Foods | 68 | 100.0% | 88 | 100.0% | 133 | 100.0% |
| Total Dairy | 578 | 72.7% | 535 | 51.0% | 425 | 28.4% | Total Dairy | 49 | 71.8% | 44 | 49.6% | 39 | 29.5% |
| Total Meats | 35 | 4.5% | 46 | 4.4% | 62 | 4.2% | Total Meats | 3 | 4.7% | 4 | 4.5% | 5 | 3.6% |
| Total Fish | 0.93 | 0.1% | 3 | 0.3% | 5 | 0.4% | Total Fish | 0.16 | 0.2% | 0.24 | 0.3% | 0.31 | 0.2% |
| Total Eggs | 8 | 1.0% | 16 | 1.5% | 17 | 1.1% | Total Eggs | 0.77 | 1.1% | 1 | 1.2% | 2 | 1.2% |
| Total Grains | 49 | 6.2% | 65 | 6.2% | 77 | 5.1% | Total Grains | 4 | 6.2% | 6 | 6.9% | 7 | 5.2% |
| Total Vegetables | 56 | 7.1% | 123 | 11.7% | 179 | 11.9% | Total Vegetables | 5 | 7.1% | 11 | 12.6% | 15 | 11.6% |
| Total Fruits | 26 | 3.2% | 210 | 20.1% | 687 | 45.8% | Total Fruits | 2 | 3.4% | 18 | 20.5% | 60 | 45.4% |
| Total Fats ^a | 36 | 4.6% | 41 | 3.9% | 39 | 2.6% | Total Fats ^a | 3 | 4.7% | 3 | 3.7% | 4 | 2.7% |
| Age 2 to <3 years (g/day, as consumed) | | | | | | | Age 2 to <3 years (g/kg-day, as consumed) | | | | | | |
| Total Foods | 601 | 100.0% | 942 | 100.0% | 1,589 | 100.0% | Total Foods | 43 | 100.0% | 69 | 100.0% | 114 | 100.0% |
| Total Dairy | 308 | 51.2% | 352 | 37.4% | 384 | 24.1% | Total Dairy | 22 | 51.3% | 27 | 39.3% | 27 | 23.6% |
| Total Meats | 53 | 8.8% | 59 | 6.3% | 64 | 4.0% | Total Meats | 4 | 8.8% | 4 | 6.0% | 4 | 3.8% |
| Total Fish | 2 | 0.3% | 4 | 0.5% | 5 | 0.3% | Total Fish | 0.14 | 0.3% | 0.25 | 0.4% | 0.40 | 0.4% |
| Total Eggs | 14 | 2.3% | 18 | 2.0% | 20 | 1.3% | Total Eggs | 0.99 | 2.3% | 1 | 1.9% | 2 | 1.4% |
| Total Grains | 72 | 12.0% | 80 | 8.5% | 91 | 5.7% | Total Grains | 5 | 12.0% | 6 | 8.6% | 7 | 5.7% |
| Total Vegetables | 81 | 13.4% | 141 | 15.0% | 202 | 12.7% | Total Vegetables | 6 | 13.8% | 10 | 14.0% | 14 | 12.4% |
| Total Fruits | 24 | 4.0% | 237 | 25.1% | 765 | 48.1% | Total Fruits | 2 | 3.7% | 17 | 24.6% | 56 | 49.1% |
| Total Fats ^a | 38 | 6.3% | 40 | 4.2% | 46 | 2.9% | Total Fats ^a | 3 | 6.3% | 3 | 4.1% | 3 | 2.9% |



Table 14-10. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Fruit and Vegetable Intake (continued)

| Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | | Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | |
|--|-------------------|---------|---------------------|---------|--------------------|---------|---|-------------------|---------|---------------------|---------|--------------------|---------|
| | Intake | Percent | Intake | Percent | Intake | Percent | | Intake | Percent | Intake | Percent | Intake | Percent |
| Age 3 to <6 years (g/day, as consumed) | | | | | | | Age 3 to <6 years (g/kg-day, as consumed) | | | | | | |
| Total Foods | 731 | 100.0% | 1,014 | 100.0% | 1,594 | 100.0% | Total Foods | 40 | 100.0% | 58 | 100.0% | 95 | 100.0% |
| Total Dairy | 388 | 53.1% | 385 | 38.0% | 401 | 25.1% | Total Dairy | 21 | 52.7% | 22 | 38.2% | 25 | 25.8% |
| Total Meats | 60 | 8.2% | 74 | 7.3% | 81 | 5.1% | Total Meats | 3 | 8.6% | 4 | 7.0% | 5 | 4.8% |
| Total Fish | 4 | 0.5% | 7 | 0.7% | 9 | 0.6% | Total Fish | 0.17 | 0.4% | 0.32 | 0.6% | 0.46 | 0.5% |
| Total Eggs | 13 | 1.7% | 14 | 1.4% | 21 | 1.3% | Total Eggs | 0.63 | 1.6% | 0.81 | 1.4% | 1 | 1.1% |
| Total Grains | 92 | 12.5% | 96 | 9.4% | 113 | 7.1% | Total Grains | 5 | 12.4% | 6 | 10.3% | 7 | 6.8% |
| Total Vegetables | 92 | 12.5% | 174 | 17.1% | 231 | 14.5% | Total Vegetables | 5 | 13.0% | 10 | 16.5% | 13 | 13.9% |
| Total Fruits | 27 | 3.6% | 199 | 19.6% | 668 | 41.9% | Total Fruits | 1 | 3.4% | 11 | 19.5% | 41 | 42.5% |
| Total Fats ^a | 45 | 6.1% | 49 | 4.9% | 53 | 3.3% | Total Fats ^a | 2 | 6.1% | 3 | 4.9% | 3 | 3.3% |
| Age 6 to <11 years (g/day, as consumed) | | | | | | | Age 6 to <11 years (g/kg-day, as consumed) | | | | | | |
| Total Foods | 784 | 100.0% | 1,068 | 100.0% | 1,664 | 100.0% | Total Foods | 23 | 100.0% | 38 | 100.0% | 64 | 100.0% |
| Total Dairy | 385 | 49.2% | 406 | 38.0% | 448 | 26.9% | Total Dairy | 11 | 47.0% | 14 | 37.6% | 18 | 27.5% |
| Total Meats | 76 | 9.7% | 88 | 8.3% | 98 | 5.9% | Total Meats | 2 | 10.1% | 3 | 8.9% | 4 | 5.7% |
| Total Fish | 5 | 0.6% | 6 | 0.6% | 8 | 0.5% | Total Fish | 0.18 | 0.8% | 0.15 | 0.4% | 0.30 | 0.5% |
| Total Eggs | 16 | 2.1% | 16 | 1.5% | 17 | 1.0% | Total Eggs | 0.53 | 2.3% | 0.58 | 1.5% | 0.76 | 1.2% |
| Total Grains | 105 | 13.3% | 117 | 11.0% | 127 | 7.6% | Total Grains | 3 | 13.8% | 5 | 11.8% | 5 | 8.1% |
| Total Vegetables | 103 | 13.2% | 213 | 19.9% | 313 | 18.8% | Total Vegetables | 3 | 13.8% | 7 | 19.1% | 11 | 17.7% |
| Total Fruits | 26 | 3.4% | 144 | 13.5% | 559 | 33.6% | Total Fruits | 0.82 | 3.6% | 5 | 13.3% | 22 | 33.6% |
| Total Fats ^a | 48 | 6.2% | 59 | 5.5% | 64 | 3.9% | Total Fats ^a | 1 | 6.4% | 2 | 5.4% | 3 | 3.9% |
| Age 11 to <16 years (g/day, as consumed) | | | | | | | Age 11 to <16 years (g/kg-day, as consumed) | | | | | | |
| Total Foods | 709 | 100.0% | 1,149 | 100.0% | 1,911 | 100.0% | Total Foods | 12 | 100.0% | 23 | 100.0% | 39 | 100.0% |
| Total Dairy | 301 | 42.4% | 362 | 31.5% | 395 | 20.7% | Total Dairy | 5 | 42.0% | 8 | 33.1% | 9 | 22.3% |
| Total Meats | 91 | 12.8% | 112 | 9.7% | 146 | 7.7% | Total Meats | 1 | 12.4% | 2 | 9.8% | 3 | 6.4% |
| Total Fish | 3 | 0.4% | 10 | 0.8% | 14 | 0.7% | Total Fish | 0.054 | 0.5% | 0.12 | 0.5% | 0.21 | 0.5% |
| Total Eggs | 13 | 1.8% | 20 | 1.7% | 24 | 1.3% | Total Eggs | 0.22 | 1.9% | 0.40 | 1.7% | 0.59 | 1.5% |
| Total Grains | 106 | 15.0% | 136 | 11.8% | 165 | 8.6% | Total Grains | 2 | 14.8% | 3 | 12.1% | 3 | 8.8% |
| Total Vegetables | 125 | 17.7% | 286 | 24.9% | 458 | 24.0% | Total Vegetables | 2 | 18.2% | 5 | 23.0% | 9 | 22.4% |
| Total Fruits | 13 | 1.9% | 136 | 11.8% | 597 | 31.2% | Total Fruits | 0.25 | 2.2% | 3 | 12.3% | 13 | 32.3% |
| Total Fats ^a | 49 | 6.9% | 66 | 5.8% | 87 | 4.5% | Total Fats ^a | 0.81 | 7.0% | 1 | 5.9% | 2 | 4.2% |



Table 14-10. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Fruit and Vegetable Intake (continued)

| Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | | Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | |
|---|-------------------|---------|---------------------|---------|--------------------|---------|---|-------------------|---------|---------------------|---------|--------------------|---------|
| | Intake | Percent | Intake | Percent | Intake | Percent | | Intake | Percent | Intake | Percent | Intake | Percent |
| Age 16 to <21 years (g/day, as consumed) | | | | | | | Age 16 to <21 years (g/kg-day, as consumed) | | | | | | |
| Total Foods | 624 | 100.0% | 970 | 100.0% | 2,353 | 100.0% | Total Foods | 9 | 100.0% | 16 | 100.0% | 34 | 100.0% |
| Total Dairy | 238 | 38.1% | 203 | 21.0% | 449 | 19.1% | Total Dairy | 4 | 39.0% | 3 | 21.0% | 6 | 17.8% |
| Total Meats | 76 | 12.2% | 112 | 11.5% | 245 | 10.4% | Total Meats | 1 | 11.7% | 2 | 12.7% | 3 | 9.6% |
| Total Fish | 8 | 1.2% | 15 | 1.6% | 17 | 0.7% | Total Fish | 0.13 | 1.4% | 0.13 | 0.8% | 0.21 | 0.6% |
| Total Eggs | 21 | 3.3% | 16 | 1.6% | 30 | 1.3% | Total Eggs | 0.31 | 3.4% | 0.41 | 2.5% | 0.33 | 1.0% |
| Total Grains | 100 | 16.1% | 138 | 14.2% | 211 | 9.0% | Total Grains | 1 | 16.2% | 2 | 14.6% | 3 | 10.0% |
| Total Vegetables | 109 | 17.5% | 283 | 29.2% | 615 | 26.1% | Total Vegetables | 2 | 17.9% | 5 | 30.7% | 9 | 25.8% |
| Total Fruits | 18 | 2.9% | 121 | 12.5% | 644 | 27.4% | Total Fruits | 0.17 | 1.8% | 1 | 9.1% | 10 | 30.0% |
| Total Fats ^a | 46 | 7.3% | 66 | 6.8% | 116 | 4.9% | Total Fats ^a | 0.66 | 7.2% | 1 | 7.5% | 2 | 4.4% |
| ^a Includes added fats such as butter, margarine, dressings and sauces, vegetable oil, etc.; does not include fats eaten as components of other foods such as meats. ^b All individuals in this sample group below the 75 th percentile consumed 0 grams/day of fruits and vegetables. Therefore, only high-end and low-end consumer groups are reported. | | | | | | | | | | | | | |
| Source: Based on U.S. EPA analysis of 1994-96, 1998 CSFII. | | | | | | | | | | | | | |



Table 14-11. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Dairy Intake

| Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | | Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | |
|---|-------------------|---------|---------------------|---------|--------------------|---------|--|-------------------|---------|---------------------|---------|--------------------|---------|
| | Intake | Percent | Intake | Percent | Intake | Percent | | Intake | Percent | Intake | Percent | Intake | Percent |
| Age Birth to <1month (g/day, as consumed) | | | | | | | Age Birth to <1month (g/kg-day, as consumed) | | | | | | |
| Total Foods | 12 | 100.0% | 60 | 100.0% | 185 | 100.0% | Total Foods | 4 | 100.0% | 18 | 100.0% | 56 | 100.0% |
| Total Dairy | 0 | 0.0% | 40 | 67.3% | 127 | 69.0% | Total Dairy | 0 | 0.0% | 12 | 67.1% | 39 | 69.0% |
| Total Meats | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% | Total Meats | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% |
| Total Fish | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% | Total Fish | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% |
| Total Eggs | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% | Total Eggs | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% |
| Total Grains | 0.031 | 0.3% | 0 | 0.0% | 4 | 2.2% | Total Grains | 0.0086 | 0.2% | 0 | 0.0% | 1 | 2.1% |
| Total Vegetables | 8 | 66.1% | 2 | 3.4% | 0.78 | 0.4% | Total Vegetables | 2 | 64.4% | 0.65 | 3.7% | 0.26 | 0.5% |
| Total Fruits | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% | Total Fruits | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% |
| Total Fats ^a | 3 | 27.1% | 18 | 29.2% | 52 | 28.4% | Total Fats ^a | 1 | 27.5% | 5 | 29.2% | 16 | 28.4% |
| Age 1 to <3 months (g/day, as consumed) | | | | | | | Age 1 to <3 months (g/kg-day, as consumed) | | | | | | |
| Total Foods | 36 | 100.0% | 84 | 100.0% | 166 | 100.0% | Total Foods | 7 | 100.0% | 14 | 100.0% | 41 | 100.0% |
| Total Dairy | 0 | 0.0% | 19 | 22.4% | 109 | 65.6% | Total Dairy | 0 | 0.0% | 3 | 24.0% | 26 | 64.1% |
| Total Meats | 0 | 0.0% | 0 | 0.0% | 0.037 | 0.0% | Total Meats | 0 | 0.0% | 0 | 0.0% | 0.012 | 0.0% |
| Total Fish | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% | Total Fish | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% |
| Total Eggs | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% | Total Eggs | 0 | 0.0% | 0 | 0.0% | 0 | 0.0% |
| Total Grains | 0.32 | 0.9% | 1 | 1.2% | 0 | 0.8% | Total Grains | 0.054 | 0.8% | 0.29 | 2.0% | 0.26 | 0.6% |
| Total Vegetables | 21 | 58.8% | 42 | 50.7% | 4 | 2.7% | Total Vegetables | 4 | 57.8% | 7 | 48.7% | 0.43 | 1.1% |
| Total Fruits | 2 | 4.3% | 0.034 | 0.0% | 6 | 3.7% | Total Fruits | 0.37 | 5.4% | 0.0067 | 0.0% | 3 | 7.7% |
| Total Fats ^a | 10 | 26.7% | 21 | 25.4% | 45 | 27.2% | Total Fats ^a | 2 | 26.4% | 4 | 25.0% | 11 | 26.5% |
| Age 3 to <6 months (g/day, as consumed) | | | | | | | Age 3 to <6 months (g/kg-day, as consumed) | | | | | | |
| Total Foods | 132 | 100.0% | 217 | 100.0% | 346 | 100.0% | Total Foods | 19 | 100.0% | 32 | 100.0% | 44 | 100.0% |
| Total Dairy | 0 | 0.0% | 59 | 27.0% | 160 | 46.3% | Total Dairy | 0 | 0.0% | 8 | 24.8% | 24 | 54.9% |
| Total Meats | 0.59 | 0.4% | 2 | 1.0% | 4 | 1.1% | Total Meats | 0.10 | 0.5% | 0.22 | 0.7% | 0.45 | 1.0% |
| Total Fish | 0 | 0.0% | 0 | 0.0% | 0.44 | 0.1% | Total Fish | 0 | 0.0% | 0 | 0.0% | 0.056 | 0.1% |
| Total Eggs | 0 | 0.0% | 0.38 | 0.2% | 0.64 | 0.2% | Total Eggs | 0 | 0.0% | 0.11 | 0.3% | 0.057 | 0.1% |
| Total Grains | 6 | 4.5% | 8 | 3.8% | 12 | 3.4% | Total Grains | 0.84 | 4.5% | 1 | 3.8% | 2 | 3.4% |
| Total Vegetables | 46 | 34.9% | 37 | 17.0% | 26 | 7.6% | Total Vegetables | 7 | 35.6% | 4 | 13.7% | 2 | 5.0% |
| Total Fruits | 58 | 44.1% | 84 | 38.8% | 87 | 25.1% | Total Fruits | 8 | 43.0% | 14 | 45.8% | 7 | 15.9% |
| Total Fats ^a | 16 | 11.9% | 26 | 12.1% | 55 | 15.8% | Total Fats ^a | 2 | 12.2% | 3 | 10.7% | 8 | 19.2% |



Table 14-11. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Dairy Intake (continued)

| Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | | Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | |
|--|-------------------|---------|---------------------|---------|--------------------|---------|---|-------------------|---------|---------------------|---------|--------------------|---------|
| | Intake | Percent | Intake | Percent | Intake | Percent | | Intake | Percent | Intake | Percent | Intake | Percent |
| Age 6 to <12 months (g/day, as consumed) | | | | | | | Age 6 to <12 months (g/kg-day, as consumed) | | | | | | |
| Total Foods | 317 | 100.0% | 368 | 100.0% | 1,285 | 100.0% | Total Foods | 36 | 100.0% | 43 | 100.0% | 135 | 100.0% |
| Total Dairy | 0.045 | 0.0% | 71 | 19.2% | 833 | 64.8% | Total Dairy | 0.0062 | 0.0% | 8 | 18.2% | 87 | 64.8% |
| Total Meats | 11 | 3.4% | 16 | 4.4% | 41 | 3.2% | Total Meats | 1 | 3.5% | 2 | 4.8% | 4 | 3.0% |
| Total Fish | 0.0086 | 0.0% | 1 | 0.3% | 0.28 | 0.0% | Total Fish | 0 | 0.0% | 0.15 | 0.3% | 0.029 | 0.0% |
| Total Eggs | 3 | 0.9% | 5 | 1.4% | 6 | 0.5% | Total Eggs | 0.35 | 1.0% | 0.92 | 2.1% | 0.66 | 0.5% |
| Total Grains | 27 | 8.6% | 23 | 6.3% | 46 | 3.6% | Total Grains | 3 | 7.9% | 3 | 7.7% | 5 | 3.5% |
| Total Vegetables | 114 | 35.9% | 75 | 20.4% | 106 | 8.2% | Total Vegetables | 13 | 35.3% | 8 | 17.9% | 11 | 8.2% |
| Total Fruits | 137 | 43.3% | 147 | 39.9% | 211 | 16.4% | Total Fruits | 16 | 44.6% | 18 | 40.7% | 22 | 16.6% |
| Total Fats ^a | 20 | 6.4% | 30 | 8.2% | 40 | 3.1% | Total Fats ^a | 2 | 6.3% | 4 | 8.1% | 4 | 3.1% |
| Age 1 to <2 years (g/day, as consumed) | | | | | | | Age 1 to <2 years (g/kg-day, as consumed) | | | | | | |
| Total Foods | 601 | 100.0% | 989 | 100.0% | 1,700 | 100.0% | Total Foods | 55 | 100.0% | 86 | 100.0% | 154 | 100.0% |
| Total Dairy | 40 | 6.7% | 451 | 45.6% | 1,170 | 68.8% | Total Dairy | 3 | 6.1% | 38 | 44.0% | 106 | 68.5% |
| Total Meats | 43 | 7.1% | 51 | 5.2% | 45 | 2.6% | Total Meats | 4 | 7.2% | 4 | 4.8% | 4 | 2.6% |
| Total Fish | 3 | 0.5% | 4 | 0.4% | 3 | 0.2% | Total Fish | 0.28 | 0.5% | 0.50 | 0.6% | 0.18 | 0.1% |
| Total Eggs | 14 | 2.3% | 15 | 1.5% | 18 | 1.1% | Total Eggs | 1 | 2.3% | 2 | 1.8% | 1 | 0.8% |
| Total Grains | 57 | 9.5% | 65 | 6.5% | 63 | 3.7% | Total Grains | 5 | 9.5% | 6 | 6.9% | 6 | 3.7% |
| Total Vegetables | 139 | 23.1% | 120 | 12.1% | 112 | 6.6% | Total Vegetables | 12 | 21.8% | 11 | 13.0% | 10 | 6.7% |
| Total Fruits | 268 | 44.7% | 240 | 24.3% | 226 | 13.3% | Total Fruits | 25 | 46.3% | 21 | 24.5% | 21 | 13.8% |
| Total Fats ^a | 29 | 4.8% | 38 | 3.8% | 58 | 3.4% | Total Fats ^a | 3 | 4.7% | 3 | 3.7% | 5 | 3.4% |
| Age 2 to <3 years (g/day, as consumed) | | | | | | | Age 2 to <3 years (g/kg-day, as consumed) | | | | | | |
| Total Foods | 661 | 100.0% | 996 | 100.0% | 1,528 | 100.0% | Total Foods | 47 | 100.0% | 72 | 100.0% | 114 | 100.0% |
| Total Dairy | 48 | 7.3% | 348 | 34.9% | 885 | 57.9% | Total Dairy | 3 | 7.2% | 24 | 33.7% | 67 | 58.4% |
| Total Meats | 61 | 9.3% | 63 | 6.3% | 55 | 3.6% | Total Meats | 4 | 9.4% | 4 | 6.2% | 4 | 3.6% |
| Total Fish | 2 | 0.3% | 6 | 0.6% | 5 | 0.3% | Total Fish | 0.16 | 0.3% | 0.27 | 0.4% | 0.28 | 0.2% |
| Total Eggs | 25 | 3.8% | 20 | 2.1% | 19 | 1.3% | Total Eggs | 2 | 3.7% | 1 | 1.5% | 1 | 1.3% |
| Total Grains | 78 | 11.9% | 82 | 8.2% | 86 | 5.6% | Total Grains | 5 | 11.6% | 6 | 8.5% | 6 | 5.7% |
| Total Vegetables | 163 | 24.7% | 144 | 14.5% | 137 | 9.0% | Total Vegetables | 12 | 24.6% | 10 | 14.0% | 11 | 9.3% |
| Total Fruits | 237 | 35.8% | 279 | 28.0% | 277 | 18.1% | Total Fruits | 17 | 36.4% | 22 | 30.2% | 20 | 17.3% |
| Total Fats ^a | 37 | 5.5% | 41 | 4.1% | 55 | 3.6% | Total Fats ^a | 3 | 5.5% | 3 | 4.2% | 4 | 3.6% |



| Table 14-11. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Dairy Intake (continued) | | | | | | | | | | | | | |
|--|-------------------|---------|---------------------|---------|--------------------|---------|---|-------------------|---------|---------------------|---------|--------------------|---------|
| Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | | Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | |
| | Intake | Percent | Intake | Percent | Intake | Percent | | Intake | Percent | Intake | Percent | Intake | Percent |
| Age 3 to <6 years (g/day, as consumed) | | | | | | | Age 3 to <6 years (g/kg-day, as consumed) | | | | | | |
| Total Foods | 725 | 100.0% | 1,047 | 100.0% | 1,612 | 100.0% | Total Foods | 41 | 100.0% | 58 | 100.0% | 97 | 100.0% |
| Total Dairy | 64 | 8.9% | 355 | 33.9% | 886 | 55.0% | Total Dairy | 4 | 8.8% | 20 | 34.2% | 52 | 54.0% |
| Total Meats | 75 | 10.4% | 72 | 6.9% | 70 | 4.3% | Total Meats | 4 | 10.6% | 4 | 6.6% | 4 | 4.4% |
| Total Fish | 4 | 0.6% | 6 | 0.5% | 6 | 0.4% | Total Fish | 0.22 | 0.5% | 0.29 | 0.5% | 0.30 | 0.3% |
| Total Eggs | 19 | 2.6% | 15 | 1.4% | 18 | 1.1% | Total Eggs | 1 | 2.6% | 0.87 | 1.5% | 0.99 | 1.0% |
| Total Grains | 87 | 12.1% | 104 | 9.9% | 116 | 7.2% | Total Grains | 5 | 12.1% | 6 | 9.9% | 7 | 7.2% |
| Total Vegetables | 168 | 23.2% | 173 | 16.5% | 183 | 11.3% | Total Vegetables | 10 | 23.8% | 9 | 16.3% | 11 | 11.3% |
| Total Fruits | 253 | 34.9% | 257 | 24.5% | 251 | 15.6% | Total Fruits | 14 | 34.0% | 14 | 24.7% | 16 | 16.5% |
| Total Fats ^a | 40 | 5.6% | 49 | 4.7% | 63 | 3.9% | Total Fats ^a | 2 | 5.7% | 3 | 4.7% | 4 | 4.0% |
| Age 6 to <11 years (g/day, as consumed) | | | | | | | Age 6 to <11 years (g/kg-day, as consumed) | | | | | | |
| Total Foods | 766 | 100.0% | 1,053 | 100.0% | 1,722 | 100.0% | Total Foods | 25 | 100.0% | 38 | 100.0% | 67 | 100.0% |
| Total Dairy | 63 | 8.2% | 372 | 35.4% | 892 | 51.8% | Total Dairy | 2 | 8.1% | 13 | 34.2% | 35 | 51.9% |
| Total Meats | 99 | 12.9% | 80 | 7.6% | 87 | 5.1% | Total Meats | 3 | 13.2% | 3 | 8.0% | 3 | 4.9% |
| Total Fish | 6 | 0.8% | 5 | 0.5% | 6 | 0.4% | Total Fish | 0.19 | 0.8% | 0.19 | 0.5% | 0.26 | 0.4% |
| Total Eggs | 17 | 2.2% | 14 | 1.3% | 17 | 1.0% | Total Eggs | 0.55 | 2.3% | 0.67 | 1.8% | 0.62 | 0.9% |
| Total Grains | 105 | 13.7% | 113 | 10.7% | 152 | 8.8% | Total Grains | 3 | 13.6% | 4 | 10.7% | 6 | 9.0% |
| Total Vegetables | 221 | 28.9% | 214 | 20.3% | 242 | 14.0% | Total Vegetables | 7 | 29.5% | 8 | 19.7% | 9 | 13.7% |
| Total Fruits | 194 | 25.3% | 175 | 16.6% | 227 | 13.2% | Total Fruits | 6 | 24.4% | 7 | 17.8% | 9 | 13.5% |
| Total Fats ^a | 49 | 6.4% | 56 | 5.3% | 70 | 4.1% | Total Fats ^a | 2 | 6.6% | 2 | 5.2% | 3 | 4.2% |
| Age 11 to <16 years (g/day, as consumed) | | | | | | | Age 11 to <16 years (g/kg-day, as consumed) | | | | | | |
| Total Foods | 747 | 100.0% | 1,094 | 100.0% | 2,020 | 100.0% | Total Foods | 13 | 100.0% | 22 | 100.0% | 42 | 100.0% |
| Total Dairy | 22 | 3.0% | 307 | 28.0% | 1,017 | 50.3% | Total Dairy | 0.38 | 2.9% | 6 | 27.3% | 21 | 49.4% |
| Total Meats | 102 | 13.6% | 101 | 9.2% | 134 | 6.7% | Total Meats | 2 | 13.8% | 2 | 9.6% | 3 | 6.4% |
| Total Fish | 8 | 1.1% | 9 | 0.8% | 12 | 0.6% | Total Fish | 0.14 | 1.0% | 0.14 | 0.6% | 0.34 | 0.8% |
| Total Eggs | 20 | 2.7% | 18 | 1.6% | 25 | 1.2% | Total Eggs | 0.35 | 2.6% | 0.36 | 1.7% | 0.50 | 1.2% |
| Total Grains | 104 | 13.9% | 133 | 12.2% | 181 | 9.0% | Total Grains | 2 | 13.7% | 3 | 12.2% | 4 | 9.1% |
| Total Vegetables | 239 | 32.0% | 265 | 24.2% | 322 | 16.0% | Total Vegetables | 4 | 33.0% | 5 | 23.3% | 6 | 15.1% |
| Total Fruits | 197 | 26.4% | 180 | 16.4% | 204 | 10.1% | Total Fruits | 3 | 25.7% | 4 | 17.8% | 5 | 11.9% |
| Total Fats ^a | 47 | 6.2% | 62 | 5.6% | 100 | 5.0% | Total Fats ^a | 0.83 | 6.2% | 1 | 5.9% | 2 | 4.8% |



Table 14-11. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Dairy Intake (continued)

| Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | | Food Group | Low-end Consumers | | Mid-range Consumers | | High-end Consumers | |
|--|-------------------|---------|---------------------|---------|--------------------|---------|---|-------------------|---------|---------------------|---------|--------------------|---------|
| | Intake | Percent | Intake | Percent | Intake | Percent | | Intake | Percent | Intake | Percent | Intake | Percent |
| Age 16 to <21 years (g/day, as consumed) | | | | | | | Age 16 to <21 years (g/kg-day, as consumed) | | | | | | |
| Total Foods | 647 | 100.0% | 1,095 | 100.0% | 2,233 | 100.0% | Total Foods | 10 | 100.0% | 17 | 100.0% | 33 | 100.0% |
| Total Dairy | 8 | 1.2% | 197 | 18.0% | 950 | 42.5% | Total Dairy | 0.12 | 1.2% | 3 | 16.6% | 14 | 42.8% |
| Total Meats | 101 | 15.7% | 125 | 11.4% | 197 | 8.8% | Total Meats | 2 | 15.1% | 2 | 13.6% | 3 | 8.9% |
| Total Fish | 8 | 1.2% | 16 | 1.5% | 8 | 0.4% | Total Fish | 0.11 | 1.1% | 0.16 | 0.9% | 0.11 | 0.3% |
| Total Eggs | 12 | 1.8% | 28 | 2.5% | 27 | 1.2% | Total Eggs | 0.17 | 1.7% | 0.39 | 2.2% | 0.40 | 1.2% |
| Total Grains | 90 | 13.9% | 162 | 14.8% | 217 | 9.7% | Total Grains | 1 | 14.1% | 2 | 14.0% | 3 | 9.6% |
| Total Vegetables | 228 | 35.2% | 324 | 29.6% | 438 | 19.6% | Total Vegetables | 4 | 35.8% | 5 | 28.6% | 7 | 20.0% |
| Total Fruits | 152 | 23.5% | 154 | 14.1% | 249 | 11.2% | Total Fruits | 2 | 23.9% | 3 | 16.1% | 3 | 10.6% |
| Total Fats ^a | 37 | 5.8% | 73 | 6.7% | 114 | 5.1% | Total Fats ^a | 0.58 | 5.6% | 1 | 6.5% | 2 | 5.1% |
| ^a Includes added fats such as butter, margarine, dressings and sauces, vegetable oil, etc.; does not include fats eaten as components of other foods such as meats. | | | | | | | | | | | | | |
| Source: Based on U.S. EPA analysis of 1994-96, 1998 CSFII. | | | | | | | | | | | | | |